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CHINESE-ENGLISH

现代中医诊疗图谱
Diagnostic and Therapeutic Atlas of Modern Chinese Medicine

中医舌诊
彩色图谱
Color Atlas of Chinese Medical Tongue Diagnosis

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内容简介

舌诊是中医临床诊断疾病的重要依据，是中医学的特色诊法之一，在中医临床辨证论治中具有重要作用，受到历代医家的重视。舌诊内容丰富，是中医望诊中最具系统性的诊法内容，尤其是其直观、形象、易于学习和掌握的特点，在临床受到更加广泛的重视和应用，成为学习中医过程中必须掌握的临床基本技能之一。

为了使国内外广大中医初学者、临床中医师以及中医爱好者更好地学习、掌握舌诊基本技能，在临床辨证时更准确地应用舌诊方法，我们从多年来大量临床舌象资料中精选了具有典型舌象特征的舌象照片260幅，分典型舌象分类、证候舌象分析、临床舌诊应用病案三个主要部分，以汉英对照的形式汇集成册，并力求舌象典型、文字简练准确、病案具有代表性。

本书共分舌诊原理与方法、舌诊内容、舌诊临床应用三大部分，对常见舌象的特征、典型图像、临床意义等内容进行了详细的介绍。书中选取的舌象图像，均为专业数码相机拍摄的高清晰图像，保证了舌象特征的清晰、准确。为了直接体现舌诊的临床应用性，本书还选取了临床常见的典型证候以及部分典型病案的特征舌象，结合疾病的治则治法等其他临床资料，进行了应用分析。

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Preface

Tongue diagnosis is one of the characteristic techniques of diagnosis in TCM. It is an important evidence to diagnose diseases in clinic, which has significant effect of tongue diagnosis in identifying syndromes and determining treatment. It received high attention of doctors in the past dynasties. Tongue diagnosis is the most systematic inspecting method in TCM, which has abundant contents. With the characters of visualization and easiness to learn, tongue diagnosis becomes one of the prerequisite fundamental skills in clinic.

For the purpose of learning and grasping the fundamental skills of the tongue diagnosis and correctly applying the method in clinic for the beginners, doctors and amateur, we select 260 typical tongue photos from generous tongue data in clinic. These photos are divided into 3 parts: classification of typical tongue manifestation, syndrome analysis of tongue manifestation, clinical cases of tongue diagnosis. These photos are compiled into a book with the form of Chinese-English caption, in an attempt to present typical tongue manifestations, succinct explanation and representative clinical cases.

This book consists of 3 parts: principles and methods of the tongue diagnosis, contents of the tongue diagnosis, clinical application of the tongue diagnosis. There are details in the book about the typical pictures, clinical significance of the common tongue manifestations. All the pictures are digital images with high resolution to ensure the tongue characters' clarity and exactness. To embody the clinical application of the tongue diagnosis, we select the characteristic tongue manifestations of some frequent typical syndromes and cases, and analyze them in combination with other clinical information and treatment principles and methods.

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序

舌诊是中医诊治疾病以及评判人体身心健康状态的重要依据和手段，是望闻问切四诊的重要组成部分，与其他中医诊断手段相比更具客观性。但纵观浩如烟海的中医药学文献宝库，元代以前往往注重于脉诊的研究，如王叔和撰《脉经》，成为我国现存最早的集西晋以前脉学研究之大成的脉学巨著。直至元代(公元 1341 年)方有《敖氏伤寒金镜录》成书，该书虽着重论述伤寒舌诊，但内容十分丰富。书中根据舌苔由白转黄，由黄转黑；舌质由淡红转红色，再转纯红等阐明邪由表入里，由寒化热，疾病由轻变重等病因病机变化规律。该书还详列了 36 种舌象图，并将舌苔分为白、黄、灰、黑等 4 色，舌质分为淡红、红、纯红等类型，论述了舌苔、舌质的主病及其治疗方法。较之张仲景仅述白苔、滑苔，有了较大发展。故薛立斋云其补仲景之未及，成为我国现存第一部舌诊专书。嗣后关于舌诊之研究日趋深入。至明清相关著述增多。由我校专家委员会主任裘沛然教授任主编之《中国医籍大辞典》收录元代以后舌诊名著即有 50 余部，可见舌诊之重要性及实用性日渐为人们所认识和重视。

如何将历代医家对舌诊应用与研究的精辟论述及丰富的临诊经验加以挖掘、整理，对其科学内涵作深度诠释，使之成为现代中医诊断疾病手段客观化的重要依据之一，这是弘扬中医学特色优势的重大课题。日前，由我校许家佗教授任主编，张志枫教授、刘龙民教授任副主编的《中医舌诊彩色图谱》于付梓前示稿于余，遂欣然拜读，纵观全书，其对舌诊之原理，舌诊之内容及临床应用等面面俱到，包涵甚广，一览无余。《素问·至真要大论篇》曰："谨守病机，各司其

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属。有者求之，无者求之。盛者责之，虚者责之，必先五胜。疏其血气，令其条达，而致和平。”《六微旨大论篇》又曰：“亢则害，承乃制，制则生化。”无论阴阳转化，五行生克，总是以平为期，生化为要。舌诊在弘扬中医药特色优势的临床工作中的重要价值必将随着人们对其认识的加深而凸显。《中医舌诊彩色图谱》图文并茂，汉英对照，复有我国著名中医诊断学家、我校资深教授费兆馥先生任主审，该书在当前我国推进中医药学继承、创新、现代化和国际化的进程中功莫大焉。搦管濡毫斯为序。

施杞识于

二○○九年初春于上海



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Foreword

Tongue diagnosis is one of important evidences and means in Chinese medicine for diagnosis and treatment of diseases and for assessment of health state, and also an essential component of Chinese medical diagnosis system, more objective than other diagnostic methods. From the vast accumulation of ancient medical treatises, we found that pulse diagnosis was prevalent before the Yuan Dynasty, for instance, *Pulse Classic*(《脉经》) was written by Wang Shuhe in the Western Jin Period (AD 280 ~ 289), and thus became the extant earliest monumental work of pulse. Until the Yuan Dynasty (AD 1341), *Ao's Mirror Records for Exogenous Febrile Diseases*(《敖氏伤寒金镜录》) appeared, which mainly described the tongue conditions of exogenous febrile diseases. In this book, the etiologic and pathogenic rules of diseases from exterior to interior, from cold to heat, and from mild to severe were illustrated in accordance with the fur from whitish to yellowish, from yellowish to blackish, and with the tongue from pale red to red, and from red to bright red, accompanied with 36 atlas. The colour of tongue fur fell into whitish, yellowish, greyish and blackish, the colour of tongue texture into pale red, red and bright red. The indications of every tongue colour and fur colour were presented, with corresponding treatment methods. Zhang Zhongjing just mentioned whitish and slippery fur. Therefore, Xue Lizhai said

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this book complmented with Zhang Zhongjing's, and became the first extant book of tongue diagnosis in China. Thereafter, the research on tongue diagnosis goes in deep, and relevant books increased obviously in number in the Ming and Qing Dynasties. *Great Dictionary of Chinese Medical Books* compiled by Professor Qiu Peiran embodied 50 books on tongue diagnosis after the Yuan Dynasty, showing the increasing importance and practicability of tongue diagnosis.

It is a major program on how to organize and apply the rich experience of the successive physicians and explain the in-depth scientific connotations of tongue diagnosis to make tongue diagnosis become one of important evidences in the objectification of Chinese medical diagnosis. Currently, Professors Xu Jiatuo, Zhang Zhifeng and Liu Longmin presented me their manuscripts of *Color Atlas of Tongue Diagnosis in Traditional Chinese Medicine*. This book gave a full description of the principles, main contents and clinical application of tongue diagnosis. *Plain Questions · The Various Changes in the Domination of the Six Energies and Their Relations with the Diseases* (《素问·至真要大论篇》) said: "Pay good attention to the mechanism of the diseases and know well the belongings of various syndromes, investigate the reason of the disease and the related syndromes, and the reason or the disease which is without the expected syndromes, find out the reason when the evil energy is overabundant and the reason when the energy is deficient. Find out the overcoming energy of the five-element motion. Dredge the energy and blood to become calm and circulate fluently according to the mechanism of the disease." *Plain Questions · The Exquisite Meaning of Six Energies* (《六微旨大论篇》) said: "When the six energies are hyperactive in domination, they will do harm; so they must be restricted to certain extent. It is only in this way can the growth and transformation of all

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things be carried on". No matter how mutual transformation of yin and yang, and mutual generation and restriction of five elements, harmony is expected and generation-transformation is essential. The tongue diagnosis will show its increasing necessity in clinical practice in the development of Chinese medicine. Chinese-English *Color Atlas of Tongue Diagnosis in Traditional Chinese Medicine* is reviewed by Professor Fei Zhaofu, a famous expert on Chinese medical diagnostics. I believe that this book will play a great role in promoting the inheritance and innovation, modernization and internationalization of traditional Chinese medicine. I am glad to write this foreword.

Shi Qi

Early spring, 2009, Shanghai

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舌诊原理与方法

Principles and Methods of the Tongue Diagnosis

舌诊的原理与方法是舌诊临床应用的重要依据，主要包括了舌象的组织形态、与脏腑经络气血阴阳的关系、诊察方法与注意事项等。

The principles and methods of tongue diagnosis are the important evidences for clinical application, including the structure and morphology of the tongue, its relations with zang-fu organs, channels, qi and blood, yin and yang, and its examination methods and precautions.

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1 舌诊的原理

General principles of the tongue diagnosis

1.1 舌的组织形态结构

Structure and morphology of the tongue

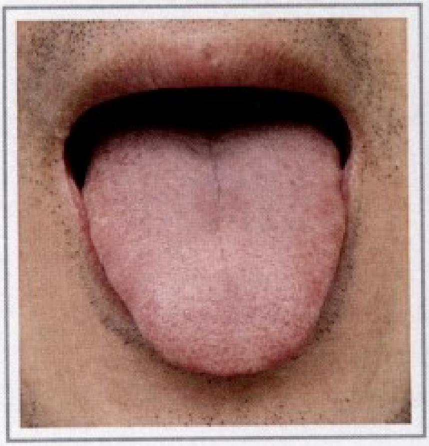


图 1-1 Fig. 1-1

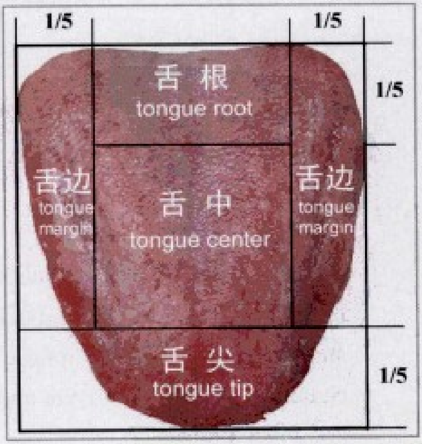


图 1-2 Fig. 1-2

舌是由横纹肌组成的肌性器官，呈扁平长形，附着于口腔底部、下颌骨、舌骨等组织。舌的游离部分称舌体，是中医舌诊的主要部位。舌体上面是舌面(图 1-1)，舌面又分舌尖、舌边、舌中、舌根(图 1-2)。舌体下面是舌底(图 1-3)，舌底正中为

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舌系带，两侧有浅紫色的舌静脉称为舌脉，舌脉是望舌下的主要内容。

The tongue is the muscular organ made up of the striated muscles and it is thin, flat and long in shape. It attaches to the bottom of the mouth, inferior maxilla, lingual bone, etc. Its free part is called tongue body, which is the major inspection part in traditional Chinese medicine. Tongue surface refers to the top of tongue body (Fig. 1-1), and it is divided into tongue tip, tongue margins, tongue center and tongue root (Fig. 1-2). Sublingual part is under the tongue body (Fig. 1-3). The center of sublingual part is the frenum of tongue and has lilac lingual vein called sublingual veins on the left and right, which are the major inspection contents of the sublingual part.

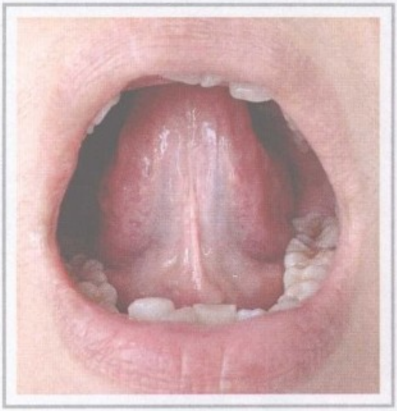


图 1-3(1) Fig. 1-3(1)

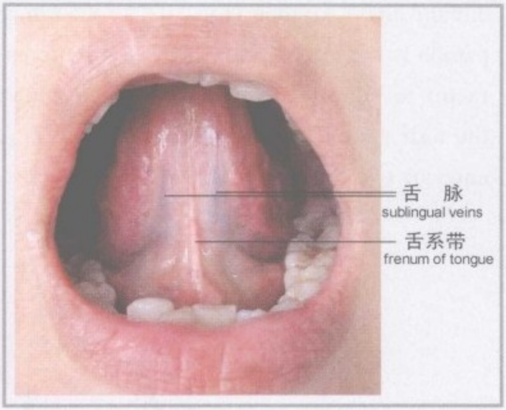


图 1-3(2) Fig. 1-3(2)

舌面覆盖着一层半透明的黏膜，黏膜上皮直接与致密的固有膜相贴，并有许多舌肌纤维起止于此。舌的肌肉中以横纹肌为主，舌肌固有层有丰富的血管、淋巴管、神经及腺体等组织，这些组织与舌体的形态、色泽有关。

There is a layer of translucent mucous membrane covering the tongue

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surface. The epithelium mucosa directly sticks with the pyknotic membrana propria, where a great many tongue muscle fibers start and end. Striated muscle is the major muscle. There are affluent blood vessels, lymph vessels, nerves and glandular organs in the tunica propria of tongue muscles. These tissues are related with the shape and color of tongue body.

舌面黏膜上有许多细小的乳头，根据乳头的不同形态可分为丝状乳头、蕈状乳头、叶状乳头、轮廓乳头4类（图1－4），其中蕈状乳头是影响舌色的主要原因，丝状乳头是形成舌苔的主要原因，叶状乳头、轮廓乳头主要与味觉功能有关。蕈状乳头和丝状乳头主要分布在舌前2/3部位。

There are many tiny tongue papillae on the mucous membrane, which are divided into filiform papillae, fungiform papillae, foliate papillae and circumvallate papillae (Fig. 1－4) according to the shape of papillae. Fungiform papilla is the main factor affecting the tongue color; filiform papillae is the main factor forming the tongue fur; foliate papilla and circumvallate papilla relate to the tastes. Fungiform papillae and filiform papillae are mostly distributed over the anterior two-thirds tongue.

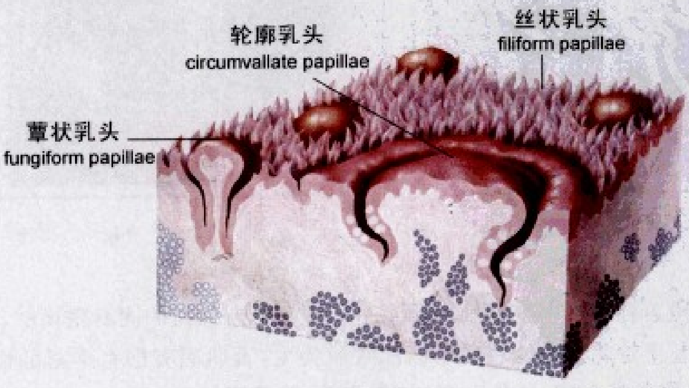


图1－4 Fig. 1－4

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这是舌尖乳头放大60倍的图像(图1-5)。圆形的蕈状乳头中可见红色的毛细血管,白色点状组织为丝状乳头。

Fig. 1-5 shows the papillae on tongue tip magnified by 60 times. Red micrangiums can be seen in the round fungiform papillae and the white dot tissue is filiform papillae.



图1-5 Fig. 1-5

表1 舌肌、黏膜、神经、腺体、血液循环与舌体形态的关系

The relations between the muscles, mucous membrane, nerves, glands and blood circulation of the tongue and the morphology of the tongue body

舌　形	舌肌	黏膜	血液	循环	腺体	神经	临床意义
Tongue	Muscle	Mucus	Blood	Circulation	Gland	Nerve	Clinical Significance
正常舌	±	±	±	±	±	±	正常生理状态
Normal	±	±	±	±	±	±	Normal physiological condition
胖肿舌	+	+	+	+	±	±	实热
Swollen	+	+	+	+	±	±	Excess heat
瘦薄舌	-	-	-	±	-	±	血虚
Thin	-	-	-	±	-	±	Blood deficiency
老　舌	±	+	±	±	-	±	实证
Tough	±	+	±	±	-	±	Excess syndrome

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续 表

舌 形	舌肌	黏膜	血液	循环	腺体	神经	临床意义
Tongue	Muscle	Mucus	Blood	Circulation	Gland	Nerve	Clinical Significance
嫩 舌	±	−	−	±	±	±	虚证
Tender	±	−	−	±	±	±	Deficiency syndrome
裂纹舌	±	−	−	±	±	±	阴虚/血虚
Fissured	±	−	−	±	±	±	*Yin* / blood deficiency
歪斜震颤短缩	±/−	±	±	±/−	±	−	风、痰、瘀
Deviated Trembling Contracted	±/−	±	±	±/−	±	−	Wind, phlegm, stagnation
舌下脉异常	±	±	±/−	−	±	±/−	瘀血
Abnormal sublingual veins	±	±	±/−	−	±	±/−	Stagnant blood

(±适中；+增强；−减退)
(± means moderate; + enhanced; − declined)

1.2 舌与脏腑经络的关系

Relations between the tongue and zang-fu organs and channels

1.2.1 舌为心之苗

Tongue is the sprout of the heart

"心开窍于舌"，通过望舌色可以了解人体气血运行情况，从而反映"心主血

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脉”、“心主神明”的功能。心血充盛则舌体荣润，心血亏虚则舌体枯萎；神明清灵，则舌体运动灵活、语言清晰、舌的味觉正常。反之，则运动失灵、言语不清、味觉失常。

Heart opens to the tongue. The tongue color implies the circulating conditions of qi and blood, and hence reflects the functions of heart governing the blood and vessels and heart governing the spirit.

When the heart blood is sufficient, the tongue body will be rosy and moist; when the heart blood is deficient, the tongue body will be dry and withered.

When the spirit is clear, there will be flexible motion of the tongue body, clear speech and normal taste. On the contrary, when the spirit is unclear, there will be inflexible motion of the tongue body, slurred speech and abnormal taste.

1.2.2 舌为脾胃之外候

The tongue is an outer manifestation of the spleen and stomach

舌苔是由胃气蒸化谷气，上承舌面而生成。胃气充盛则舌苔薄而湿润，胃气虚弱则舌苔剥落，胃气与邪气交搏上蒸，则舌苔厚浊。

脾胃为“气血生化之源”，舌体赖气血充养，舌的色泽、形态等与脾主运化、化生气血功能直接有关。

The stomach qi evaporates grain qi upwards to the tongue to form the tongue fur. When the stomach qi is sufficient, the tongue fur is thin, white and moist. When the stomach qi is insufficient, the tongue fur is less or peeled.

When the stomach qi struggles with the pathogenic factors, and evaporates to

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the tongue surface, the tongue fur is thick and sticky.

The spleen and stomach are the source of blood and qi formation. The tongue body is nourished by qi and blood. The shape and color of the tongue are directly related to the functions of the spleen, which dominates transportation and transformation, generates qi and blood.

1.2.3 舌与经络的关系

Relationship between the tongue and channels

五脏六腑都直接或间接地通过经络、经筋与舌相联：手少阴心经之别系舌本，足少阴肾经挟舌本，足厥阴肝经络舌本，足太阴脾经连舌本散舌下，手少阳三焦之筋入系舌本。观察舌象的各种变化可以测知体内脏腑的病变。

Directly or indirectly, the five zang-organs and six fu-organs are linked to the tongue by channels and tendons.

The collateral of the Heart Meridian of Hand Shaoyin links the tongue root.

The Kidney Meridian of Foot Shaoyin runs along the two sides of the tongue root.

The Liver Meridian of Foot Jueyin connects with the tongue root.

The Spleen Meridian of Foot Taiyin links the tongue root and spreads beneath the tongue.

The tendons of the Triple Energizer of Hand Shaoyang enters and links the tongue body.

Therefore, by inspecting the various changes of tongue manifestations, we can know the pathological changes of zang-fu organs inside the body.

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1.2.4 舌面与脏腑的对应关系

Distribution and ascription of zang-fu organs on the surface of the tongue

舌诊理论认为，脏腑病变反映于舌面，具有一定的分布规律（图1-6）：舌尖反映心、肺，舌边反映肝、胆，舌中反映脾、胃，舌根反映肾、膀胱等的状况。这一理论提示某些脏腑病变在舌象变化上有一定的规律，但并非绝对，还需要结合其他症状加以分析。

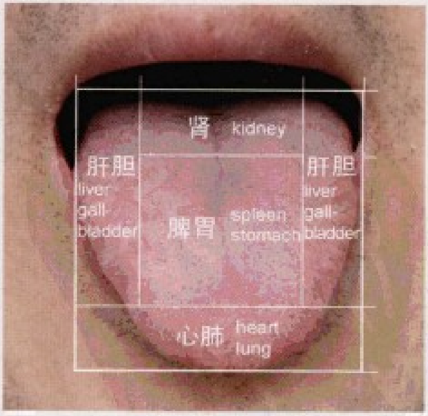


图1-6 Fig. 1-6

The tongue diagnosis theory considers that the zang-fu organs' diseases are reflected on the surface of tongue by rules of their own (Fig. 1-6): The tongue tip can reflect the pathological changes in the heart and lungs. The bilateral sides of the tongue can tell the pathological changes in the liver and gallbladder. The center of the tongue can show the pathological changes in the spleen and stomach. The tongue root can indicate the pathological changes in the kidneys, intestines and bladder. This theory simply means that some zang-fu organs' diseases have some rules on the changes of tongue manifestations, but they are not absolute and should be analyzed in combination with other symptoms.

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2 舌诊的临床意义

Clinical significance of the tongue diagnosis

舌象变化能客观地反映病情，对临床辨证、确立治法、处方、用药以及分析疾病转归、预后，都具有重要意义。

The changes of tongue manifestation can objectively reflect the states of an illness and has an important significance in differentiating syndromes, establishing treatment methods, prescribing herbs and determining prognosis of diseases.

2.1 判断邪正盛衰

Judging excess and deficiency of pathogenic factors and healthy qi

舌体荣润为气血充盛，舌色淡白为气血不足；舌苔薄润为胃气、津液充盈，舌苔厚而有根为邪盛，舌苔无根为胃气衰败。

Rosy and moist tongue indicates sufficiency of qi and blood; pale tongue means deficiency of qi and blood; thin and moist tongue fur shows abundant stomach qi and body fluids; thick and rooted tongue fur reflects excess pathogenic factors; and rootless tongue fur signifies decline of stomach qi.

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2.2 区别病证性质

Distinguishing the characters of diseases and syndromes

舌淡苔白多为寒证；舌红苔黄多为热证；舌苔厚腻多为痰湿、食积；舌质青紫或见瘀斑、瘀点多为血瘀。

Pale tongue and whitish fur usually indicates cold syndromes; red tongue and yellowish fur always indicates heat syndromes; thick and slimy fur often signifies phlegm dampness and food retention; bluish tongue with possible petechia indicates blood stasis.

2.3 分析病位和病势

Analyzing the diseased areas and progressive tendency of diseases

舌苔由薄转厚，由白变黄甚则灰黑为病邪入里，病情加重；反之舌苔由厚化薄，由燥转润为病退正复；舌苔骤增或突然剥光均为恶候。

When the tongue fur changes from thin to thick, from white to yellow or even greyish black, it is indicated that the pathogenic factors go inwards and the diseases worsen increasingly.

When the tongue fur changes from thick to thin and from dry to moist, it is indicative of the withdrawl of pathogenic factors and recovery of healthy qi.

When the tongue fur suddenly increases or is peeled, critical conditions are suggested.

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2.4 估计病情的预后

Estimating the prognosis of diseases

舌荣有神，舌苔薄润，为邪气未盛，正气未伤，病情多稳定；舌枯质暗，舌苔无根，或舌苔厚腻污浊，为病邪入里，气血受损，胃气衰败，病情多凶险。

Rosy tongue with thin and moist fur indicates the abscence of excess pathogenic factors and impaired healthy qi, and hence stable conditions.

Dry and dark tongue with rootless fur or thick slimy fur indicates that the pathogenic factors go inwards, qi and blood are involved, stomach qi declines, and critical conditions will happen.

3 舌诊方法

Methods of the tongue diagnosis

3.1 伸舌的方法与望舌内容

Methods of extending the tongue and contents of tongue inspection

望舌时，被观察者可采取坐位或仰卧位，面对自然光线使舌面光线明亮。伸舌时尽量张口，将舌体伸出口外，舌体放松，舌面平展，舌尖自然向下。

观察舌象一般先看舌体形态，伸舌动作；然后看舌尖、舌边、舌中及舌根的色

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泽，以及舌苔的形质和颜色，再望舌下络脉。

In tongue inspection, the patient is in sitting position or dorsal position, facing the natural light. Open the mouth as wide as possible and extend the tongue outwards. Relax the tongue body and unfold the tongue surface. Let tongue tip down naturally.

First, inspect the shape of the tongue body and the movement of stretching tongue.

Second, inspect the colors of tongue tip, margins, center and root; inspect the features and colors of tongue fur, and then the sublingual veins.

3.2 望舌下络脉

Observation of the sublingual veins

张口，将舌体向上腭方向翘起，舌尖轻抵上腭，使舌下充分暴露。

望舌下络脉主要观察舌脉的颜色、长短、粗细形态。

Open the mouth and lift the tongue body up to the roof of the mouth. The tongue tip reaches the palate softly to expose the sublingual veins thoroughly.

The color, length and thickness of the sublingual veins should be observed.

3.3 验苔法

Methods of examining the fur

舌诊除望诊以外，还有刮舌验苔的方法，鉴别舌苔的有根无根以及是否染苔。用压舌板边缘轻轻地刮去浮苔，观察舌底。若刮之不脱或刮而留污质者多为里有

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实邪，刮之易去，舌体明净光滑则多属虚证。

此外，还须观察舌的运动情况，询问味觉以及有否异常感觉。

Apart from inspecting tongue body, the tongue surface should be scraped and the fur should be examined to identify the rooted or rootless fur and the presence of stained fur. Scrape the floating fur softly with tongue deflector and further inspect the tongue body carefully.

If the tongue fur is not scraped away or keeps nasty, pathogenic factors in the interior are indicated.

If the tongue fur is easy to scrape off and bright, clean and smooth tongue body is revealed, deficiency syndromes are indicated.

In addition, we should observe the movement of the tongue and ask patients about their taste.

4 舌诊的注意事项

Precautions in tongue diagnosis

4.1 光线对舌象颜色的影响

Influence of light on tongue color

光线是影响舌象颜色判断的重要因素。明亮的非直射自然光是舌诊的最佳光线，光线过暗可使舌色暗滞，日光灯下舌色易偏青紫，白炽灯下舌色苔色易偏黄，其他有色光和周围有色物体的反光，都会影响舌色。

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Light is an important factor to the judging of the tongue color. Bright, indirect natural light is the best light for the tongue inspection. Too dark light makes the tongue color appear darkish. Lamp light makes the tongue color appear bluish, and electric light makes the tongue color appear yellowish. The colored light and surrounding colored objects can also influence the tongue color.

4.2 饮食或药品可造成染苔和异常舌象

Some foods and drugs leading to the stained fur and abnormal tongue manifestation

进食热或辛辣食物会使舌色偏红；多吃甜食使舌苔厚腻；服用某些药物后，舌苔变厚腻；有色食物与药物还会形成染苔，如饮用牛奶豆浆等可使舌苔变白变厚，进食蛋黄、桔子等可使舌苔染成黄色，中药、咖啡等使舌苔变成灰色等。

Eating hot and pungent food can make tongue color red; eating more sweet food may result in thick and slimy tongue fur; taking some drugs may lead to thick and slimy tongue fur. Stained fur can be made by colored food and drugs, for example, drinking milk or soybean milk may produce white and thick tongue fur; eating yolk or orange may bring about yellow fur; and drinking herbs or coffee may cause grey tongue fur.

4.3 口腔状况可影响舌体和舌苔形质

Conditions of oral cavity influencing tongue body and fur

牙齿残缺、异常等口腔状况也会影响舌象，都应与病理现象作鉴别。

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Conditions such as incomplete teeth or abnormal teeth may influence the tongue body and fur, which should be distinguished from the pathological conditions.

5 舌象分析要点

Analytic essentials of the tongue manifestation

5.1 察舌的神气和胃气

Observation of the spirit and stomach qi of the tongue

舌神是全身神气表现的一部分，主要表现在舌色和舌体的运动方面，尤以舌色是否"红活"作为辨别要点。舌色红活鲜明、舌质滋润、舌体活动自如者为有神气；舌色晦暗枯涩、活动不灵活为无神气。

舌的胃气主要表现为舌苔的生长情况。舌苔紧贴舌面，刮之不易脱落，或脱落仍有续生苔迹，均属有根苔，提示胃气尚存。苔厚松浮，刮之即去，不易复生新苔，甚则光剥如镜面，为无根苔，提示胃气衰败。

舌象有神气、有胃气者，表明正气未衰，或病情较轻，预后良好；舌象表现无神气、无胃气者多提示正气已虚，或病情较重，预后较差。

Tongue spirit is one part of the whole body spirit. It manifests in the tongue color and tongue body movement, especially the rosiness and movement of the tongue.

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Rosy, flexible and moist tongue indicates the presence of spirit.

While greyish, darkish awkward tongue indicates the abscence of spirit.

The stomach qi of tongue is mainly manifested by the growing conditions of tongue fur.

Tongue fur sticks tightly to the surface of tongue and is hard to be scraped off or the fur continues to grow after being scraped, which are considered as rooted fur, indicating the presence of stomach qi.

Tongue fur loosely floats and is easy to be scraped or hard to grow or even peeled as a mirror, which are considered as rootless fur, indicating the decline of stomach qi.

The tongue manifestation with spirit and stomach qi indicates non-decline of healthy qi or mild pathogenic condition and favorable prognosis. The tongue manifestation without spirit and stomach qi means deficient healthy qi or worse pathogenic condition and unfavorable prognosis.

5.2 舌质和舌苔的综合分析 Comprehensive analysis of the tongue body and tongue fur

在临床应用舌诊时，不仅要分别掌握舌体、舌苔的基本变化及其主病，还应注意舌体和舌苔之间的相互关系，将舌体和舌苔结合起来进行分析。

舌苔或舌质一方面异常，意味着病情单纯或病机单一。例如舌质红，多主热证。

舌苔和舌质同时变化，且提示病机相同，临床意义为两者的综合。如舌质淡嫩，舌苔白润，多见虚寒之体复感寒邪，主虚寒证。

舌苔和舌体变化不一致时，提示病情比较复杂，或病机多样。如舌淡白，苔黄

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腻为阳虚或血虚之体而感受湿热之邪，属本虚标实、寒热夹杂的证型。

In tongue diagnosis, it is not only necessary to grasp the basic changes and indications of tongue body and tongue fur, but also pay attention to the relations between the tongue body and tongue fur, and comprehensively analyze the tongue body and tongue fur.

Only tongue fur or tongue body abnormality indicates simple pathogenic condition or single pathogenesis. For example, red tongue body signifies heat syndrome.

Same change of tongue fur and tongue body indicates the same pathogenesis. The clinical significance is the combination of both aspects. For example, pale tender tongue body and white moist fur indicates the deficiency cold syndromes and can be seen in the deficiency-cold body with external cold invasion.

Different changes of the tongue fur and body indicates a complex pathogenic condition or multiple pathogenesis. For example, pale white tongue body and yellow slimy fur shows that yang-deficiency body or blood-deficiency body is attacked by pathogenic dampness heat, displaying a complex cold and heat syndrome.

5.3 舌象的动态观察

Dynamic observation of the tongue manifestation

在疾病发展过程中，舌象亦随之相应变化。

外感病中舌苔由薄变厚表明病邪由表入里；舌苔由厚化薄为外邪渐退、正气恢复；舌苔由白转黄，为病邪化热，舌苔由黄转白为热邪渐退。

在病程中舌色变红、绛，为邪热深入；舌色转为淡红，则邪热渐退，病情趋向

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稳定。

Tongue manifestation changes in the development of diseases.

In the exogenous diseases, the tongue fur changing from thin to thick means that the pathogen enters the interior, while the tongue fur changing from thick to thin indicates the withdrawal of pathogen and recovery of the healthy qi. The tongue fur changing from white to yellow indicates that the pathogenic factors turn to be heat ones; while the tongue fur changing from yellow to white signifies the relief of heat pathogen.

In the development of diseases, the tongue turning into red and crimson means the heat enters deep; the tongue color lightening means the reduction of heat in stable phase.

6 舌象数字化采集分析与应用

Analysis and application of digitalized collection of tongue conditions

随着计算机信息技术的发展，以数字图像采集处理为主要方法的舌诊数字化研究与应用已经逐渐深入。近年来，我们在科技部 863 计划(2008AA02Z407)、国家自然基金(NO：30300443，30873463)、上海市科技启明星计划(05QMX1448)等研究项目的资助下，进行了舌象的数字化诊断与应用研究。数字化舌诊方法主要分为舌像图像的标准化采集、舌象分析与诊断两个关键环节。舌象图像的标准化采集是在标准光源环境下，依据标准颜色色标，通过数码设备硬件和软件的颜色校正，实现舌象图像颜色的准确采集与还原。舌象分析与诊断是依据中医舌诊原理与方法实现数字舌象的分析与诊断，主要分析内容包括：建立舌象颜色、纹理、形态、动态特征的分类方法和标准；对舌象纹理分析中量化的舌色、苔色、老嫩、胖瘦、裂纹、点刺等特征进行了分析与识别。此外，研究还建立了舌象颜色、纹理、形态及临床资料分类数据库，将已建立的舌诊数字化方法进行了临床应用，取得了良好的

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效果。研究初步实现舌象标准化采集和客观化分析，为临床舌诊标准化、客观化应用提供了重要方法。

With the rapid development of computer information techniques, the research and application of digitalized tongue diagnosis primarily by digital images collection go gradually in deep. In recent years, under the auspices of National 863 Program(2008AA02Z407), National Natural Science Foundations of China(NO: 30300443, 30873463) and Shanghai Science and Technology Development Funds (05QMX1448), we have conducted the digital diagnosis and applied research of tongue conditions. The methods for digital tongue diagnosis principally consist of standardized collection of tongue images, analysis and diagnosis of tongue conditions. Standardized collection of tongue images is defined as the accurate collection and restoration of tongue images under standard light source and its standard color code by color correction with digital hardwares and softwares. Analysis and diagnosis of tongue conditions is done in the light of tongue diagnosis principles and methods in traditional Chinese medicine, including establishment of categorizing methods and standards of tongue color, texture, shape and dynamic feature; analysis and identification of the quantified color of tongue and its fur, tenderness, size, fissure and prick. Besides, the categorized databank of tongue color, texture, shape and clinical data have been built, and put into clinical application, and excellent results have been obtained. This research shows that standard collection and objective analysis of tongue conditions provide an important method for standardization and objectification of clinical tongue diagnosis.

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舌诊内容

Contents of the Tongue Diagnosis

舌诊的内容主要包括望舌质和望舌苔两个方面，望舌质可以推测脏腑虚实和气血阴阳盛衰，望舌苔可以推测病邪性质、深浅和邪正消长的情况。

Tongue diagnosis includes the observation of tongue body and tongue fur. By means of observing the tongue body, one can infer the excessive or deficient conditions of zang-fu organs, yin and yang, qi and blood. Inspection of the tongue fur is helpful for inferring the nature and location of the pathogenic factors as well as the relations between pathogenic factors and healthy qi.

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1 望舌质

Inspection of the tongue body

主要包括观察舌的神气、颜色、形质、动态以及舌下络脉等内容。

Inspection of the tongue body includes the observation of the spirit, color, nature and the movement of the tongue and its sublingual veins.

1.1 舌神

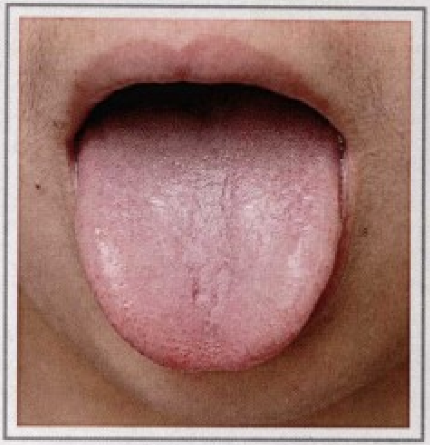
Tongue spirit

舌神，即舌的神气，是全身神气表现的一部分。舌神是对舌象特征的综合判断，以"红活"作为辨别要点，主要表现为舌质的荣枯。

Tongue spirit is one part of the whole body spirit and assessed from all aspects of the whole tongue. Its identified point is rosiness and flexibility of the tongue body.

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1.1.1 荣舌 Luxuriant tongue





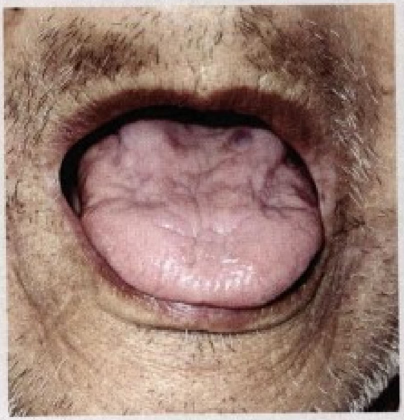
舌象特征：舌色红润，运动灵活。
临床意义：舌有神气，正常舌象或病情轻浅，预后良好。

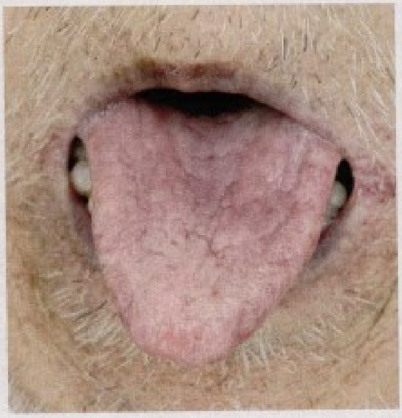
Character of the tongue: The tongue is rosy and moist, and its movement is flexible.

Clinical significance: The tongue has spirit. It is the normal tongue manifestation or presents with mild illnesses. The prognosis is favorable.

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1.1.2 枯舌 Withered tongue





舌象特征： 舌色晦暗，运动不灵活。

临床意义： 舌无神气，病情较重或预后不佳。

Character of the tongue: The tongue is darkish, and its movement is inflexible.

Clinical significance: The tongue has no spirit. It is the worse state of the illnesses. The prognosis is unfavorable.

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1.2 舌色

Tongue color

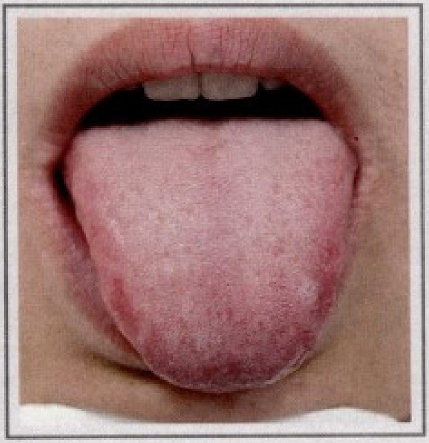
舌色，即舌质的颜色，一般分淡红、淡白、红、绛、青紫等五大类，主要反映气血阴阳状况和病邪的属性。

Generally, the tongue color is divided into five types: pale red, pale, red, crimson and bluish purple.



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1.2.1 淡红舌 Pale red tongue

舌象特征：舌体颜色淡红润泽，白中透红。

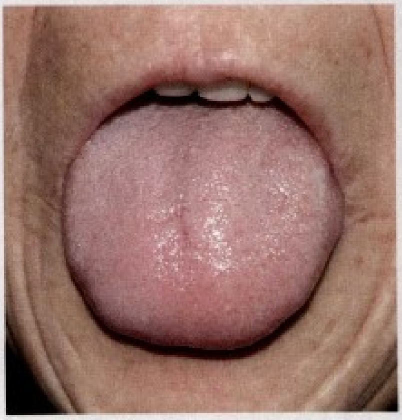
临床意义：淡红舌主要反映心气充足，胃气旺盛气血调和的征象，常见于正常人或外感病等初起，病情轻浅的阶段。

Character of the tongue: The tongue body is pink and moist.

Clinical significance: Pale red tongue is the symbol of adequate heart qi, stomach qi and harmony between qi and blood, and often seen in healthy persons, or the early exogenous diseases.

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1.2.2 淡白舌 Pale tongue




舌象特征：淡舌为舌色比正常舌色浅淡，白色偏多，红色偏少。

临床意义：主气血两虚、阳虚。

淡白舌形成主要原因是：① 气血不足，舌部血脉充盈不足。② 阳气不足不能温运血液上荣于舌。③ 阳虚内寒，经脉收引，气血不能上荣于舌。

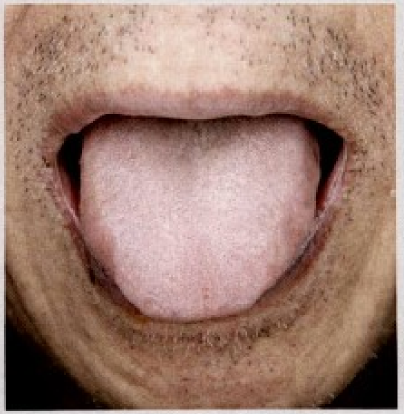
Character of the tongue: Tongue color is lighter than normal. The tongue is whiter than redder.

Clinical significance: It indicates deficiency of qi and blood or deficiency of yang. Main causes: a. Insufficiency of qi and blood and subsequent tongue malnourishment. b. Insufficiency of yang failing to warm the blood and lift blood up to nourish the tongue. c. Interior cold and contracture of the channels due to deficiency of yang failing to provide adequate blood to nourish the tongue.

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1.2.3 枯白舌 Withered pale tongue



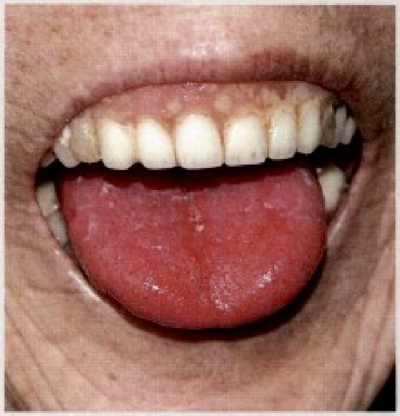


舌象特征：舌色淡白，全无血色，且无光泽。
临床意义：精血亏耗，全身营养极度虚损。

Character of the tongue: The tongue is pale, showing no blood and luster.
Clinical significance: It indicates exhaustion of essence and blood, and extreme deficiency of nutrients.

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1.2.4 红舌 Red tongue





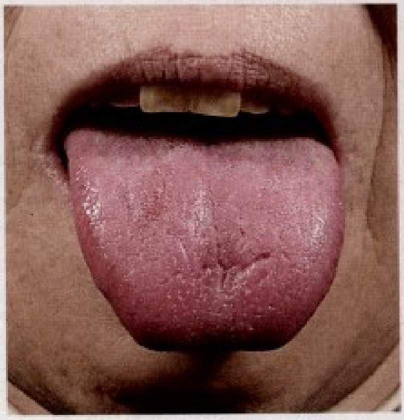
舌象特征：红舌的舌色较正常舌红，呈鲜红色。
临床意义：主热证，一般舌质愈红，提示热势愈甚。

Character of the tongue: Tongue is redder than normal and seems to be bright red.

Clinical significance: It indicates heat syndrome. The redder tongue suggests more intense heat.

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1.2.5 绛舌 Crimson tongue





舌象特征：舌色较红舌更深红或略带暗红色。

临床意义：主热入营血，耗伤营阴。

红绛舌形成主要由：① 邪热亢盛，气血沸涌，舌部血络充盈。② 热入营血，耗伤营阴，血液浓缩。③ 阴虚水涸，虚火上炎。

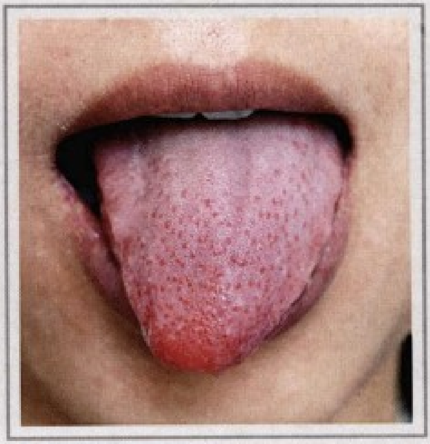
Character of the tongue: The tongue is extremely red or even dark red.

Clinical significance: It indicates that pathogenic heat enters the nutrient and blood aspects and consumes yin.

Main causes: a. The hyperactive pathogenic heat leads qi and blood upwards to fill the tongue channels. b. Heat enters nutrient and blood aspects and consumes yin, and then the blood is concentrated. c. Hyperactivity of fire due to yin deficiency.

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1.2.6 舌尖红 Red tongue tip

舌象特征：舌尖部色红或有红点，甚至红碎。

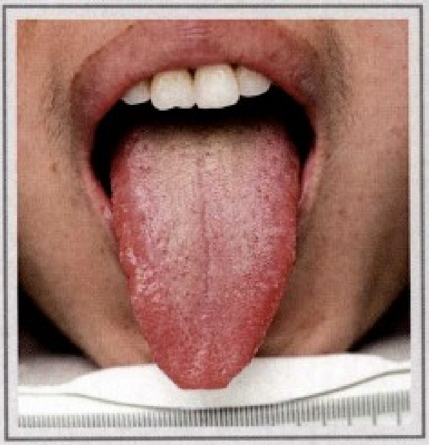
临床意义：多提示心火亢盛或心肺郁热。

Character of the tongue: The tongue tip is red with possible red spots, or even with ulcers.

Clinical significance: It indicates hyperactive heart fire or depression heat in the heart and lungs.

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1.2.7 舌边尖红 Red tongue margins and tip





舌象特征：舌色稍红或边尖红。

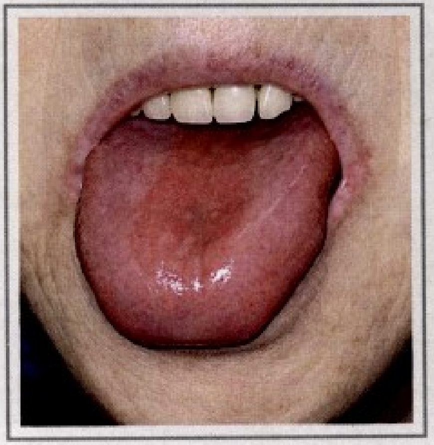
临床意义：多提示外感表证初起，心肺有热。

Character of the tongue: The tip and margins of the tongue are somewhat red.

Clinical significance: It indicates the early exogenous syndrome, or heat in the heart and lungs.

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1.2.8 舌光红 Uncovered-red tongue




舌象特征：舌红绛、少苔或无苔。

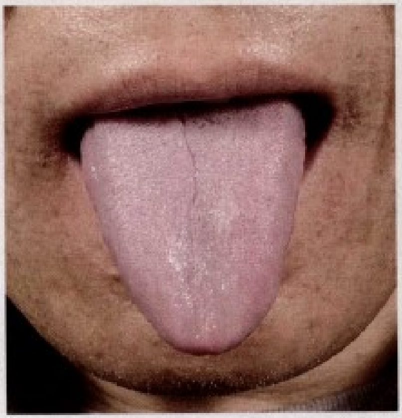
临床意义：提示胃肾阴伤，热久伤阴，阴虚水涸，虚火上炎，属虚热证。

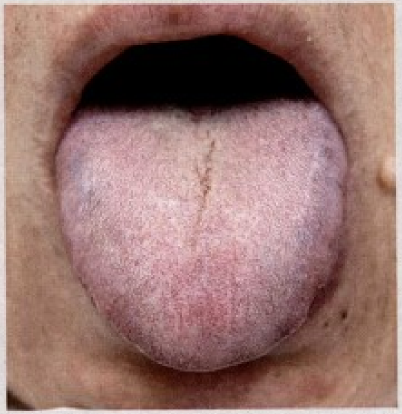
Character of the tongue: The tongue is crimson without fur or with less fur.

Clinical significance: It is due to yin deficiency of the stomach and kidneys and up-flaming of deficiency fire. It indicates deficiency heat syndromes.

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1.2.9 青紫舌 Bluish purple tongue





舌象特征：全舌呈均匀青色或紫色，或在舌色中泛现青紫色。
临床意义：主气血运行不畅，血瘀。
青紫舌形成一般有几种情况：① 阴寒内盛，阳气不宣，气血不畅，血脉瘀滞而致。② 热毒炽盛，深入营血，营阴受灼，气血不畅。③ 肺失宣肃或肝失疏泄，气机不畅；或气虚无以推动血行而致血流瘀滞。④ 暴力外伤，损伤血络，血液溢出而现斑点。⑤ 亦可见于某些先天性心脏病和食物中毒症。

Character of the tongue: The whole tongue is bluish and purplish evenly or the blue-purple color is present with the normal tongue color.
Clinical significance: It indicates unsmooth movement of qi and blood, and blood stasis. Main causes: a. Interior yin cold and deficiency yang result in qi obstruction and blood stasis. b. The pathogenic heat enters the nutrient and blood aspects and consumes nutrient to induce unsmooth movement of qi and blood. c. Failure of lungs to diffuse and depurate or liver to free coursing leads to qi obstruction; qi deficiency fails to activate or move blood. d. External forces rupture the blood vessels and the blood runs away to stay above the tongue. e. The congenital heart disease or food poisoning.

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1.2.10 淡紫舌 Pale purplish tongue





舌象特征： 舌色淡而泛现青紫色。

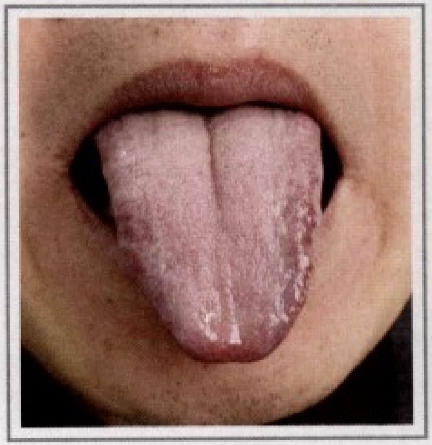
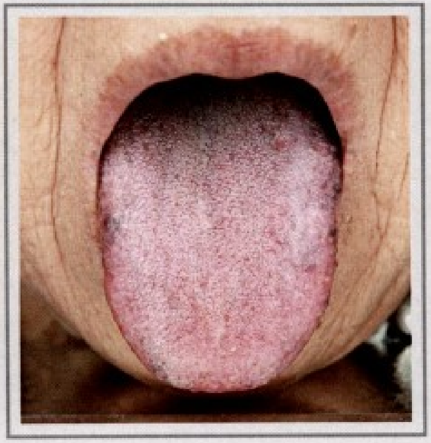
临床意义： 阴寒内盛气血不畅或气血亏虚而兼有瘀血。

Character of the tongue: The tongue is pale and present with blue-purple.

Clinical significance: It indicates qi and blood obstruction due to exuberant internal yin cold or qi-blood deficiency with blood-stasis.

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1.2.11 瘀斑舌 Ecchymosis tongue

舌象特征：舌面局部出现青紫色斑块，大小不一。

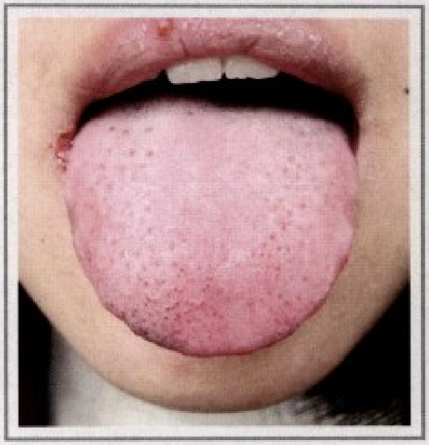
临床意义：提示脏腑或局部气血瘀滞。

Character the tongue: Bluish and purplish spots of different sizes develop on the tongue surface.

Clinical significance: It indicates qi and blood stagnation in the zang-fu organs or other areas.

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1.2.12 瘀点舌 Petechia tongue





舌象特征：舌面出现青紫或紫黑色瘀点，多见于舌尖、边部。
临床意义：提示脏腑或局部气血瘀滞。

Character of the tongue: Bluish and purplish or darkish spots develop on the tongue surface, especially on the tip or margins of the tongue.
Clinical significance: It indicates qi and blood stagnation in the zang-fu organs or other areas.

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1.3 舌形质

Tongue feature

舌体的形质包括老嫩，胖瘦，点刺，裂纹等方面，主要反映正气盛衰、脏腑功能、邪正关系等。

It includes the texture and size of the tongue body and the spots and fissures on it, primarily reflects the conditions of healthy qi, zang-fu functions and the relation between healthy qi and pathogenic factors.



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1.3.1 老舌 Tough tongue



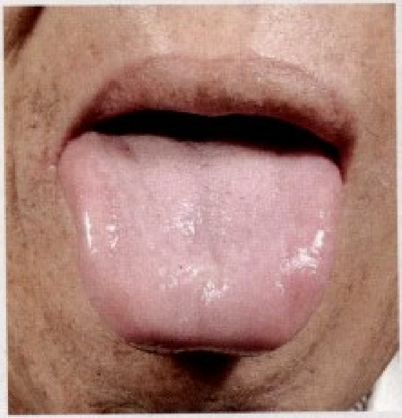


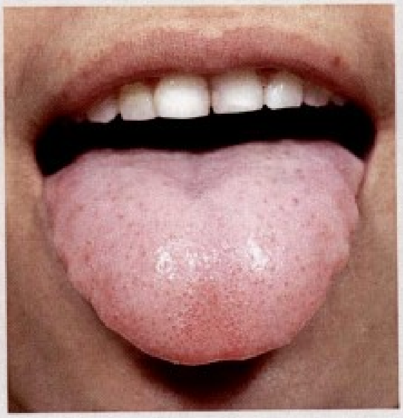
舌象特征：舌体坚敛苍老，纹理粗糙或皱缩，舌色较暗。
临床意义：老舌多见于病邪侵袭，正气未虚，邪正抗争的实证。

Character of the tongue: The tongue looks dark, tough and old, with coarse and crimpled striates.
Clinical significance: It indicates the excess syndromes, in which the pathogenic factor invades the body, but the healthy qi is not deficient yet.

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1.3.2 淡嫩舌 Tender tongue





舌象特征：舌体浮胖娇嫩，纹理细腻，舌色浅淡。

临床意义：多见于气血虚弱，脏腑功能减退的虚证。

Character of the tongue: The tongue body looks puffy and tender, with fine and smooth striates and with light color.

Clinical significance: It indicates the deficiency syndromes, in which qi and blood are insufficient, and the functions of zang-fu organs decline.

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1.3.3　红嫩舌 Red tender tongue



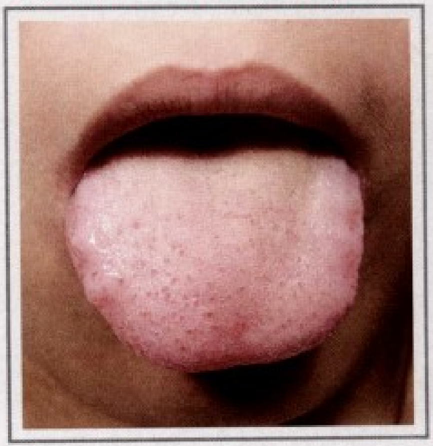

舌象特征：舌体胖嫩，舌色偏红。
临床意义：提示气阴两虚。

Character of the tongue: Tongue body is enlarged and tender, and the tongue color is red.

Clinical significance: It indicates deficiency of both qi and yin.

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1.3.4 胖大舌 Enlarged tongue





舌象特征：舌体比正常舌大，伸舌满口，可伴有舌边齿痕。

临床意义：多因水湿痰饮阻滞所致。

Character of the tongue: The tongue body is larger than normal and fills the mouth when stretched, with teeth marks on the tongue margins.

Clinical significance: It is mostly due to water, dampness and phlegm retention.

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1.3.5 淡胖舌 Pale enlarged tongue





舌象特征：舌色较淡，舌体胖大而嫩，常见舌苔水滑或舌边有齿痕。
临床意义：多由脾肾阳虚，津液不化，水湿停滞所致。

Character of the tongue: Tongue color is pale. Tongue body is enlarged and tender. The tooth marks can often be seen on the tongue margins or the tongue fur is slippery with water.

Clinical significance: It is mostly due to yang deficiency of spleen and kidneys, in which the body fluids cannot be transformed and thus water-dampness retains.

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1.3.6 肿胀舌 Swollen tongue





舌象特征：舌体肿大而厚实，伸舌满口，甚则不能收回口中，舌色多红或青紫。
临床意义：多见于心脾热甚，外感湿热，也见于舌的局部病变。

Character of the tongue: Tongue body is swollen and fills the mouth, even fails to retract back. Tongue color is red or blue-purple.

Clinical significance: It indicates excess heat of heart and spleen or exogenous damp-heat or the tongue diseases.

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1.3.7 齿痕舌 Teeth-marked tongue





舌象特征：舌边有齿痕，舌体胖大、不胖大均可见。

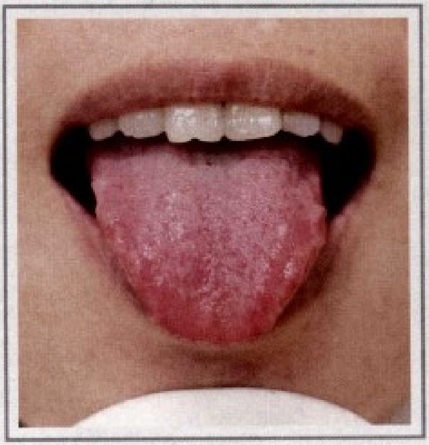
临床意义：舌淡不胖而有齿痕多属脾虚或气虚，舌胖大而多齿痕多属脾虚或湿困。

Character of the tongue: Teeth marks can be seen on the tongue margins and the tongue body may be enlarged.

Clinical significance: Pale but not enlarged tongue with teeth marks means spleen deficiency or qi deficiency. Enlarged tongue with many teeth marks means spleen deficiency with damp encumbrance.

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1.3.8 红瘦舌 Red thin tongue





舌象特征：舌体瘦薄，舌质红或绛，舌干少苔或无苔。

临床意义：为气阴两虚或阴虚火旺。

Character of the tongue：Tongue body is thin and small, and tongue color is red or crimson, with scanty fur or without fur.

Clinical significance：It indicates deficiency of both qi and yin, or fire hyperactivity due to yin deficiency.

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1.3.9 淡瘦舌 Pale thin tongue




舌象特征：舌体瘦薄，舌色淡白。

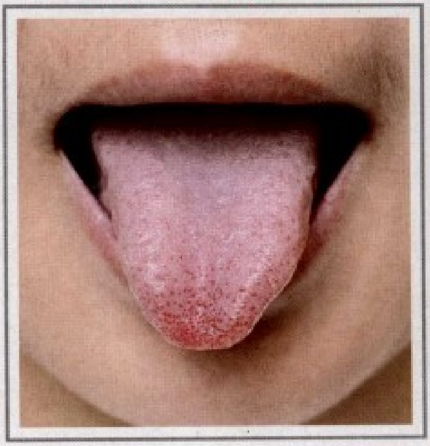
临床意义：多见于久病气血两虚，机体失于濡养。

Character of the tongue: Tongue body is thin and small, and tongue color is pale.

Clinical significance: It indicates deficiency of qi and blood failing to nourish the body.

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1.3.10 红点舌 Red-pointed tongue





舌象特征：蕈状乳头体积增大，数目增多，乳头内充血水肿，多见于舌的边、尖部。

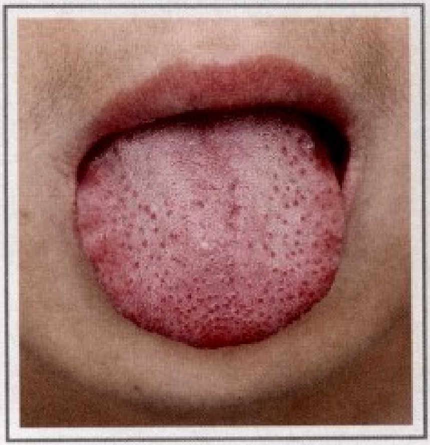
临床意义：提示血热或脏腑内热。

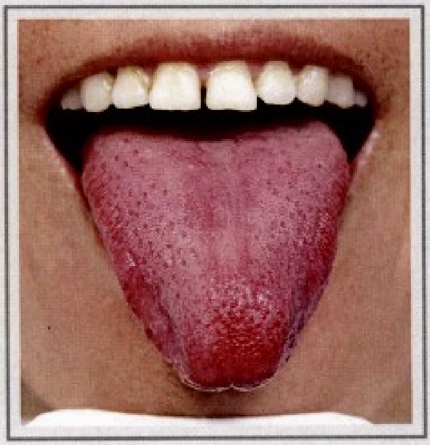
Character of the tongue: The fungiform papillae are enlarged, and their number increases; and congestion and edema happen in the papillae.

Clinical significance: It indicates blood heat or zang-fu organ heat.

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1.3.11 芒刺舌 Prickly tongue



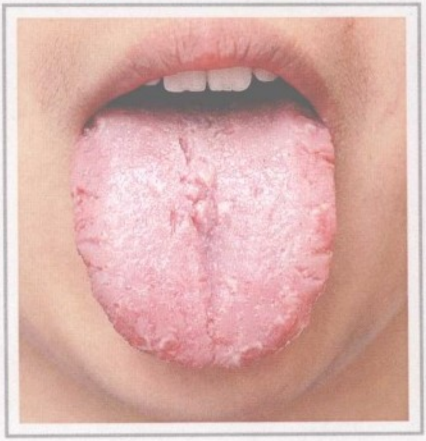


舌象特征: 蕈状乳头增大,高突,并形成尖峰,形如芒刺,抚之棘手。
临床意义: 为血分热甚或内脏阳热亢盛的征象。
观察点刺的颜色,还可以估计气血运行情况以及疾病的程度。如点刺鲜红为血热,点刺绛紫为热甚,如点刺色白为水肿。

Character of the tongue: The fungiform papillae are enlarged and protrude to form spikes like awn, which can be touched.
Clinical significance: It indicates blood heat or excess heat in the internal organs. The color of the prickles can help estimate the flow of qi and blood. The bright red prickles indicate blood heat, the crimson ones indicates extreme heat, and the white ones indicate edema.

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1.3.12 裂纹舌 Fissured tongue





舌象特征：舌面上出现各种形状的裂纹，裂沟，深浅不一，多少不等统称为裂纹舌。裂纹或裂沟中无舌苔覆盖者，多属病理性变化；如沟裂中有舌苔覆盖，则多见于先天性裂纹。

临床意义：裂纹舌是全身营养不良的一种表现。由精血亏虚，舌体失养，舌面乳头萎缩或组织破裂所致。

Character of the tongue: There are several shapes such as crack and fissure on the surface of tongue, which differ in depth and numbers. If there is no tongue fur over the crack or fissure, the fissure belongs to pathologic changes; if there is tongue fur over the crack or fissure, the fissure is congenital one.

Clinical significance: It is a manifestation of malnourishment, in which essence and blood are deficient, the tongue body is not fully nourished, hence the papillae atrophy or rupture.

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1.3.13　淡裂舌 Pale-fissured tongue



舌象特征：舌色浅淡而有裂纹。

临床意义：多属血虚或脾虚，舌体失养所致。

Character of the tongue: Tongue color is pale. There are fissures on the tongue body.

Clinical significance: It means the deficiency of blood or spleen, in which the tongue body is not nourished.

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1.3.14 红裂舌 Red-fissured tongue





舌象特征：舌色红绛而裂纹。
临床意义：由热盛伤津，阴液耗损所致。

Character of the tongue: The tongue is in red or crimson color, with fissures on it.
Clinical significance: It indicates exhaustion of body fluids and yin essence following extreme heat.

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1.3.15 舌衄 Tongue bleeding





舌象特征: 舌上有出血点。

临床意义: 在外感热病多为邪热迫血妄行,行将吐衄发斑;在内伤杂病往往是内脏出血的先兆;也见于脾虚不能统摄血液所致。

Character of the tongue: There are bleeding spots on the tongue.

Clinical significance: It is often seen either in exogenous heat diseases in which the heat drives the blood out of vessels to cause bleeding, or in endogenous miscellaneous diseases in which the internal organs bleed, or in spleen deficiency syndrome in which the spleen fails to control the blood.

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1.3.16 舌疮 Tongue sore





舌象特征：舌体生溃疡，大小不一，疼痛。

临床意义：多由心火上炎或阴虚火旺、气阴两伤所致。

Character of the tongue: Ulcers of different size develop on the tongue, painful.

Clinical significance: It is due to upward flaming of heart fire, or yin deficiency and fire hyperactivity, or consumption of qi and yin.

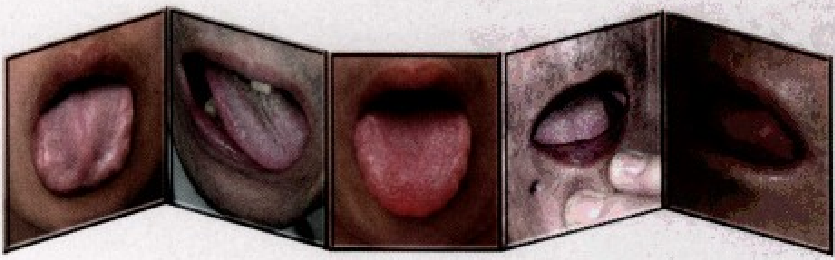
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1.4 舌态

Tongue motility

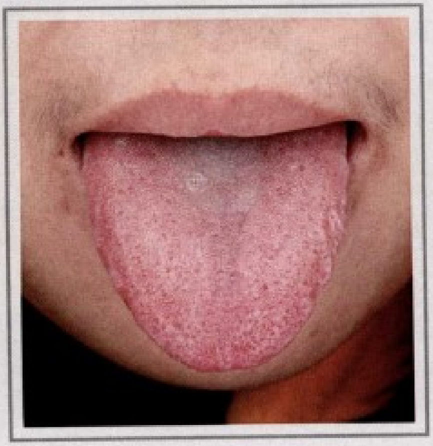
舌态，即舌的动态活动情况。舌态主要表现为正常舌态、舌歪斜、舌僵硬、舌痿软、舌短缩、舌吐异、舌震颤等情况。

Tongue motility refers to the state when the tongue moves. It primarily consists of normal tongue motility, deviated tongue, stiff tongue, limp wilting tongue, contracted tongue, protruded agitated tongue, and trembling tongue, etc.



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1.4.1 正常舌态 Normal tongue motility

舌象特征：舌体活动灵便，伸缩自如。

临床意义：提示气血充盛，经脉通调，脏腑健旺。

Character of the tongue: The tongue moves freely and stretches naturally.

Clinical significance: It shows the sufficient qi and blood, smooth and harmonious channels and healthy zang-fu organs.

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1.4.2 舌歪斜 Deviated tongue





舌象特征：伸舌时舌体偏向一侧。

临床意义：多由肝火夹痰或痰瘀阻滞经络经脉偏废而致，多见于中风病。

Character of the tongue: The tongue body deviates to one side when it is stretched.

Clinical significance: It indicates the liver fire mingled with phlegm, or phlegm blocking the channels and collaterals, which is often seen in stroke.

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1.4.3 舌僵硬 Stiff tongue




舌象特征：舌体僵硬，不能转动或伸缩不利。

临床意义：舌僵硬而舌色红，少津者为热盛伤津；舌体僵硬而舌苔厚腻者为风痰阻络；突然舌强语謇，伴有肢体麻木，眩晕者为中风先兆。

Character of the tongue: Tongue body is stiff, rigid and fails to stretch and retract.

Clinical significance: Stiff tongue with red color and few fluid is due to excess heat consuming the fluid; stiff tongue with thick and slimy fur is caused by wind-phlegm obstructing the collaterals; sudden tongue stiffness and inability to speak with numb limbs and dizziness are the signs of apoplexy.

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1.4.4 舌痿软 Limp wilting tongue





舌象特征：舌体软弱，无力伸舌和回旋。

临床意义：舌痿软而红绛少苔者为热邪伤阴或内伤久病，阴虚火旺。舌痿软而枯白无华者为久病气血虚衰。

Character of the tongue: The tongue body is too limp and weak to stretch or rotate.

Clinical significance: Limp red or crimson tongue with less fur indicates yin consumption by pathogenic heat, or yin deficiency and fire hyperactivity in long-standing endogenous diseases. Limp and whitish tongue means qi and blood deficiency in long-standing diseases.

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1.4.5 舌短缩 Contracted tongue



舌象特征： 舌体卷缩，不能伸长，甚者不能抵齿。

临床意义： 舌短缩，舌色淡或青紫而湿润，多属寒凝筋脉；舌色红绛而干，多属热病伤津；舌短而胖大，多属风痰阻络。

Character of the tongue: The tongue body is contracted and fails to extend out of the mouth, even hard to reach the teeth.

Clinical significance: The contracted tongue with pale color or blue-purple and moist body indicates cold congealing in the tendons and vessels; contracted tongue with crimson and dry body indicates heat diseases consuming the fluids; the contracted tongue with enlarged body shows wind phlegm blocking the collacterals.

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1.4.6 舌吐弄 Protruded agitated tongue

舌象特征：吐舌，舌伸于口外，不即回缩；弄舌，伸舌反复舔口唇四周，掉动不宁，如蛇舔。

临床意义：心脾有热，热甚动风。病情危急时见吐舌多为正气已绝，亦见于先天愚型患者。

Character of the tongue: Protruded tongue means the tongue that is extended out of the mouth but not retracted immediately. Agitated tongue means the tongue that is extended and licks the lips and then retracted quickly.

Clinical significance: It indicates heat in the heart and spleen or excess heat transforming into wind. It is also seen in Down's disease.

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1.4.7 舌震颤 Trembling tongue

舌象特征： 舌体不自主地颤动，动摇不宁。伸舌时颤动尤为明显。

临床意义： 动风的表现之一。舌色淡白而颤动为血虚动风；舌绛紫颤动为热盛动风或肝阳化风。

Character of the tongue: The tongue body is uncontrollably trembling, especially when it is stretched.

Clinical significance: It is one of the manifestations of wind disorder. Trembling tongue with pale color is due to wind from blood deficiency. Trembling tongue with crimson color is caused by excess heat generating wind or liver yang transforming into wind.

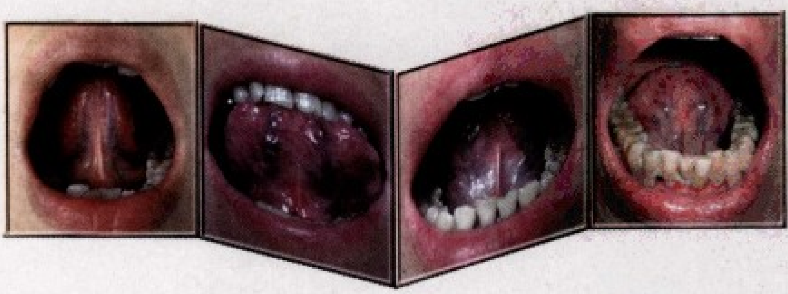
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1.5 舌下络脉

Sublingual veins

舌下络脉是舌下位于舌系带两侧的纵行静脉，主要反映气血的运行状态。舌下络脉常见的异常表现包括：舌脉粗长如网、舌脉曲张、舌脉瘀血等。

The sublingual veins refer to the longitudinal veins on both sides of the lingual frenum. They mainly reflect the circulation of qi and blood. The abnormal manifestations of sublingual veins include the thick, long and net-like sublingual veins, varicose sublingual veins or the stagnated sublingual veins, etc.



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1.5.1 正常舌脉 Normal sublingual veins



舌象特征: 舌下络脉是位于舌系带两侧纵行的大络脉，管径小于 2.7 mm，长度不超过舌下肉阜至舌尖的 3/5，络脉颜色为淡紫色。

临床意义: 正常舌脉。

Character of the tongue: The sublingual veins refer to the big vertical vessels on the two sides of the lingual frenum, which are less than 2.7 mm in diameter, no more than three-fifths in length of the distance from the sublingual caruncle to the tongue tip, with light purple color.

Clinical significance: Normal sublingual veins.

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1.5.2 舌脉粗长如网 Thick and long sublingual veins like a net



舌象特征：舌下络脉粗胀增长，呈紫色或紫黑色网状。

临床意义：是气血瘀滞的征象。

Character of the tongue: The sublingual veins are thick and long, like a net with purple or purple-black color.

Clinical significance: It indicates the stagnation of qi and blood.

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1.5.3 舌脉曲张 Varicose sublingual veins



舌象特征： 舌下络脉明显曲张增粗，颜色呈青紫或紫暗。

临床意义： 多由气滞血瘀，血行瘀阻所致。

Character of the tongue: The sublingual veins are obviously enlarged and thick, with blue-purple or dark purple color.

Clinical significance: It is mostly due to qi stagnation and blood stasis, obstruction of blood flow.

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1.5.4 舌脉瘀血 Sublingual veins with stagnant blood



舌象特征：舌下络脉或细小脉络呈青紫或紫黑色，或络脉如紫色珠子状，有大小不等的瘀血结节等改变。

临床意义：是瘀血的征象，瘀血可以有寒、热、气滞、痰湿、阳虚等诸多原因。

Character of the tongue: The sublingual veins are of blue-purple or purple-black color, or with the changes of stagnant blood and node which looks like purple bead.

Clinical significance: It is the sign of stagnant blood. The stagnant blood has several reasons, including cold, heat, qi stagnation, phlegm dampness, yang deficiency, etc.

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2 望舌苔

Inspection of the tongue fur

望舌苔主要观察舌苔形质和舌苔颜色两方面的变化。

Inspection of the tongue fur includes observing the feature and color of the fur.

2.1 舌苔的形质

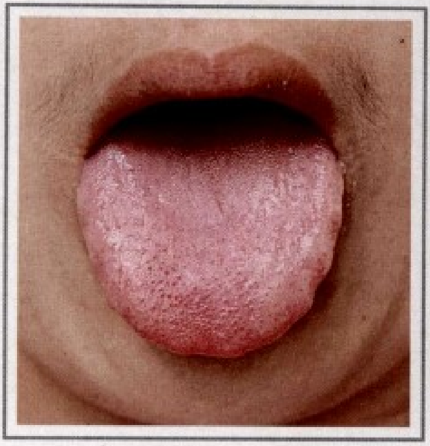
The features of the tongue fur

舌苔的形质主要指舌苔的厚薄，润燥，腻松，腐霉，剥落等方面的改变，主要反映胃气、胃阴、津液的存亡，病邪的性质及深浅等。

The features of tongue fur maily lie in its thickness, moisture, slime, curdiness and peeling, which mainly reflects the absence of stomach qi, yin and fluids, and the nature and severity of pathogenic factors.

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2.1.1 薄苔 Thin fur

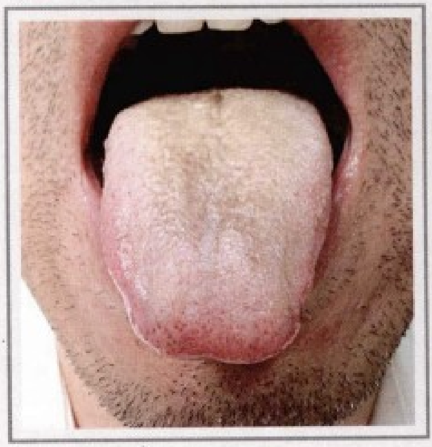


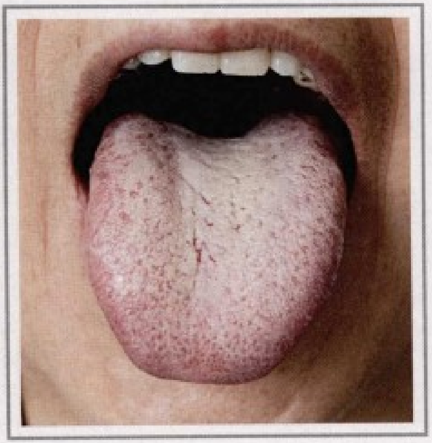

舌象特征：透过舌苔能隐隐地见到舌体，又称见底苔。
临床意义：舌苔是胃气、胃阴上蒸于舌面而成，薄苔提示胃有生发之气，或疾病初起在表，病情轻浅，未伤胃气的阶段。

Character of the tongue: The tongue fur is so thin that the tongue body can be seen through the fur, also called body-seen fur.
Clinical significance: The thin fur is formed by stomach qi and stomach yin. It indicates that the stomach is healthy enough to produce qi, or that the mild disease has not injured the stomach qi.

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2.1.2 厚苔 Thick fur





舌象特征：透过舌苔不能见到舌体，又称不见底苔。

临床意义：多由胃气挟湿浊邪气熏蒸而致，主邪盛入里，或内有痰湿、食积诸邪。

舌苔由薄变厚提示邪气渐盛为病进；舌苔由厚渐化，舌上薄苔复生，提示正气胜邪，为病退的征象。

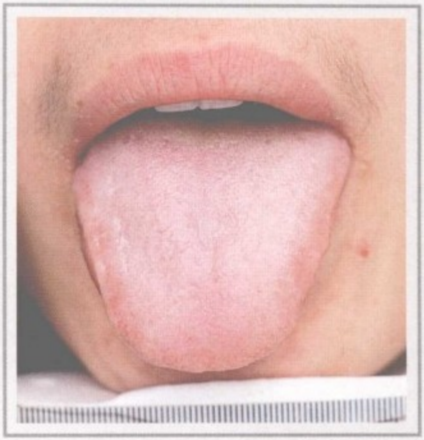
Character of the tongue: The tongue fur is so thick that the tongue body cannot be seen through the fur, also called body-unseen fur.

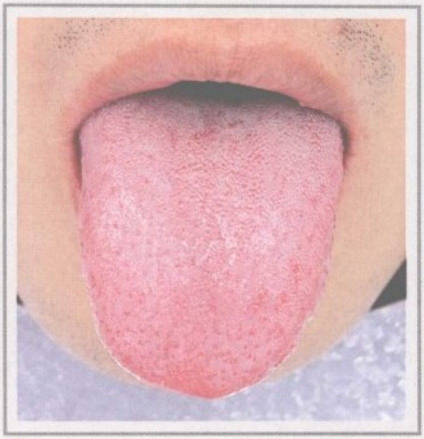
Clinical significance: The thick fur is formed by fumigation of the stomach qi mingled with pathogenic dampness and turbidity. It indicates the invasion of excess pathogenic factors into the interior, or internal phlegm-dampness, or retention of food.

The tongue fur changing from thin to thick indicates that the pathogenic factors become excess and the illness gets worse. The tongue fur, in which the thick fur gradually disappears and the thin fur reappears, indicates that the healthy qi conquers the pathogenic factors and the illness retreats.

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2.1.3 润苔 Moist fur





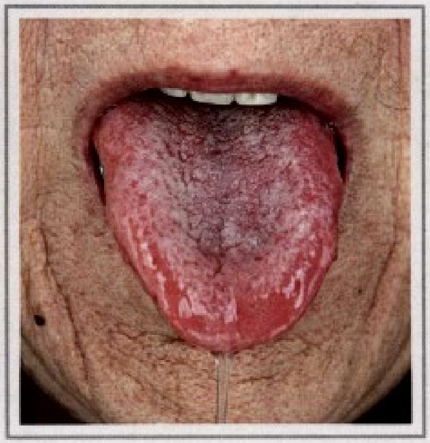
舌象特征：舌苔干湿适中，不滑不燥为润苔。
临床意义：是正常人舌象的表现之一，疾病过程中的润苔，提示体内津液未伤。

Character of the tongue: The tongue is normal in its moisture, neither slippery nor dry.

Clinical significance: It is one of the manifestations of the normal tongue. It indicates that body fluid is not consumed during the development of diseases.

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2.1.4 滑苔 Slippery fur

舌象特征： 舌面水分过多，伸舌欲滴，扪之湿滑为滑苔。

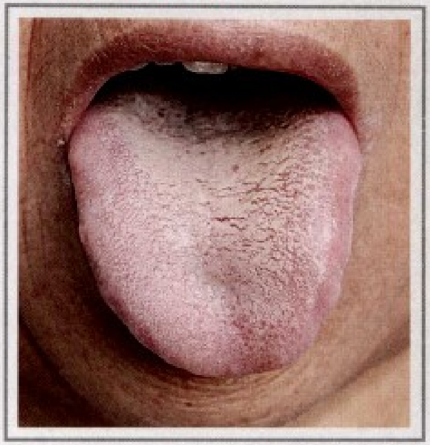
临床意义： 提示体内水湿之邪内聚。多见于脾阳不振，寒湿内生或痰饮恋肺等病证。

Character of the tongue: There is a lot of water on the tongue surface, and the water appears to dribble when the tongue is protruded. The tongue fur feels wet and slippery.

Clinical significance: It is caused by internal accumulation of water-dampness. It often indicates spleen-yang inactivity, cold dampness accumulation, phlegm-fluid in lungs, etc.

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2.1.5 燥苔 Dry fur




舌象特征：舌苔干燥，扪之无津，甚则苔燥干裂。

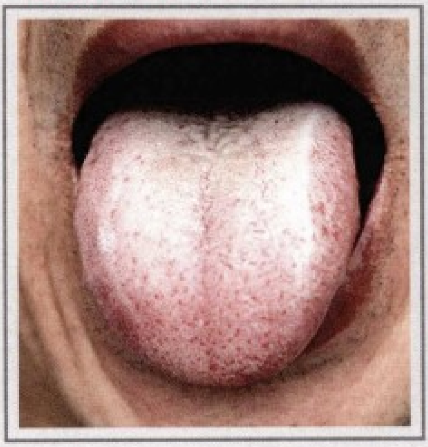
临床意义：提示体内津液已伤，亦有因阳气受遏，津失输布所致。

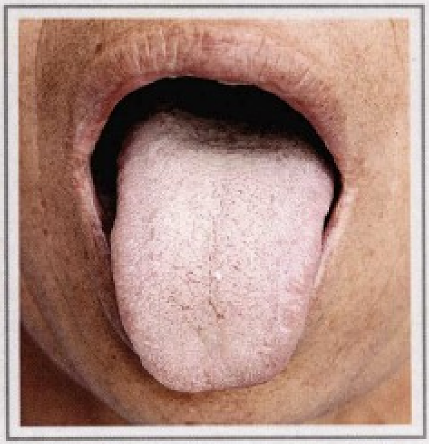
Character of the tongue: The tongue fur is dry without fluids, even cracks in severe conditions.

Clinical significance: It indicates consumption of body fluids, or failure to distribute body fluids due to yang qi depression.

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2.1.6 糙苔 Rough fur





舌象特征：苔质干而粗糙，扪之挫手。糙苔多由燥苔进一步发展而成。

临床意义：多见于热甚伤津之重症。

舌苔由润变燥，表示热甚伤津，或津失输布；反之舌苔由糙转润，主热退津复，或饮邪始化。

Character of the tongue: The tongue fur is dry and rough and feels coarse, which is mostly developed from dry fur.

Clinical significance: It indicates exhaustion of body fluids due to excess pathogenic heat. When the tongue fur changes from moistness to dryness, it indicates the consumption of body fluids by extreme heat, or failure to distribute body fluids. On the contrary, when the tongue fur changes from roughness to moistness, it shows elimination of heat and recovery of body fluids, or preliminary transformation of the pathogenic fluids.

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2.1.7 腻苔 Slimy fur





舌象特征：苔质颗粒细腻致密，融合成片，中间厚边周薄，紧贴于舌面，揩之不去，刮之不易脱落者为腻苔。腻苔是临床最为常见的舌象。

临床意义：主湿浊，痰饮，食积。

Character of the tongue: The granules of the tongue fur are compact and dense, merging into pieces, which is thicker in the center and thinner on the margins, and adheres to the tongue surface and cannot be scraped off.

Clinical significance: It indicates damp turbidity, phlegm-fluid, or retention of food.

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2.1.8 垢腻苔 Dirty slimy fur





舌象特征：舌苔腻而垢浊。

临床意义：多为湿热邪浊蕴阻胃肠，上泛舌面而致。

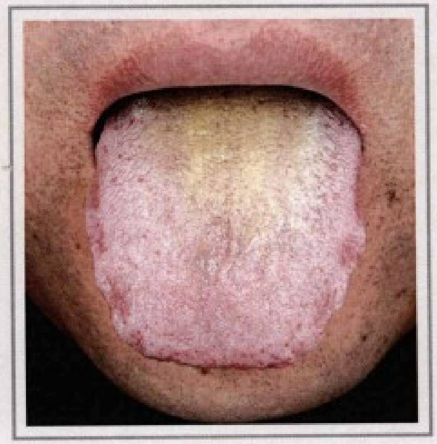
Character of the tongue：The tongue fur is slimy，dirty and turbid.

Clinical significance：It is caused by upward invasion of pathogenic dampness and heat accumulated in the stomach and intestines.

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2.1.9 黏腻苔 Sticky slimy fur





舌象特征：腻苔上罩有一层白色或透明的稠厚黏液者称为黏腻苔。

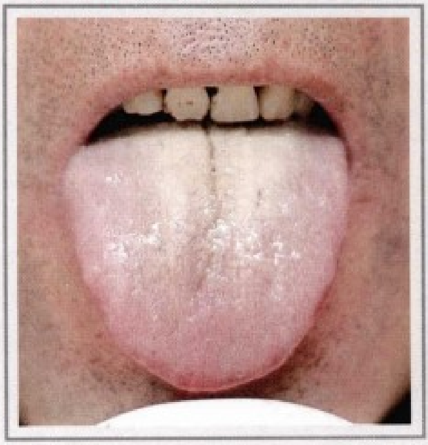
临床意义：多见于脾胃湿浊。

Character of the tongue: There is a layer of thick whitish or transparent mucus on the tongue fur.

Clinical significance: It indicates dampness and turbidity in the spleen and stomach.

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2.1.10 滑腻苔 Slippery slimy fur





舌象特征：苔腻湿润滑利者称为滑腻苔。

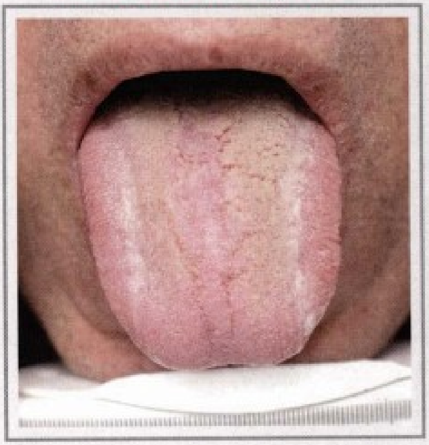
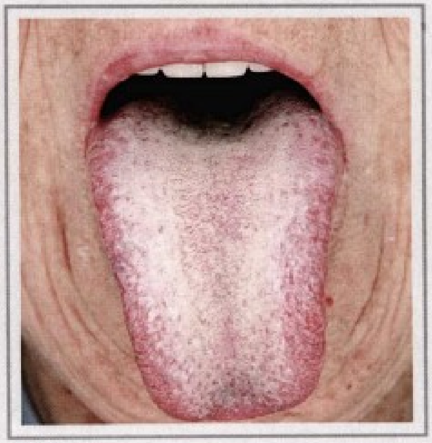
临床意义：主痰浊或寒湿内阻，阳气被遏。

Character of the tongue: The tongue fur is slimy, moist and slippery.

Clinical significance: It indicates internal accumulation of phlegm turbidity or cold dampness, and depressed yang qi.

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2.1.11 燥腻苔 Dry slimy fur

舌象特征： 苔厚腻而干燥为燥腻苔。

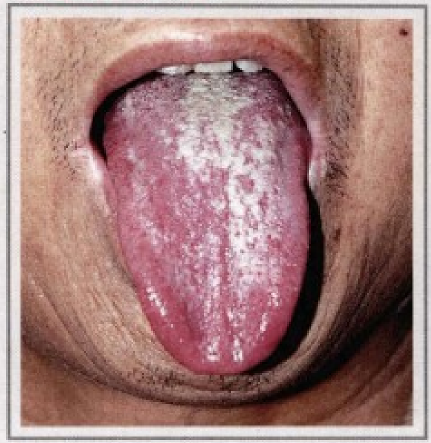
临床意义： 多见于时邪挟湿，热自里发者，或为湿浊之邪化热伤津。

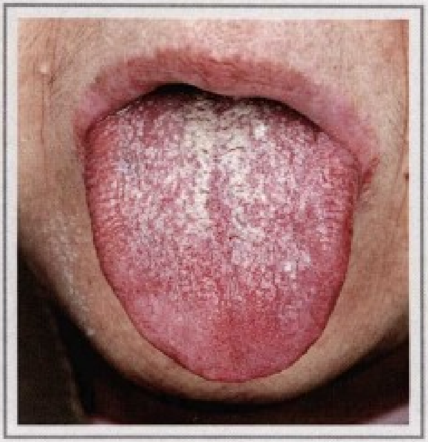
Character of the tongue: The tongue fur is thick, slimy and dry.

Clinical significance: It indicates that the seasonal heat factors mingled with dampness occurs in the interior, or damp turbidity transforms into heat.

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2.1.12 腐苔 Curdy fur





舌象特征： 苔质颗粒较粗大而根底浮松，如豆腐渣堆铺舌面，边中皆厚，揩之可去或成片脱落，舌底光滑者称为腐苔，为无根苔。

临床意义： 腐苔为胃气衰败湿邪上泛之症。

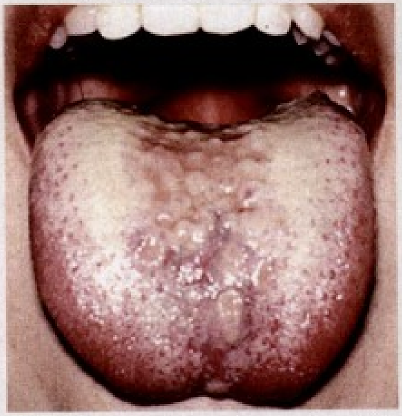
腐苔形成一般先由邪热蒸腾胃中秽浊之邪上泛，聚浊于舌，又因久病胃气匮乏，不能续生新苔，已生之苔不能与胃气相通，渐渐脱离舌体，浮于舌面而成，属无根苔。

Character of the tongue: The granules of the tongue fur are thick and big, loose and unfixed in the bottom, like bean curd dregs piled on the tongue surface. The fur is thick in both the center and margins, and can be scraped away or peels off. However, the tongue body is bright and smooth.

Clinical significance: It is caused by upward evaporation of dampness due to stomach qi deficiency, in which new fur cannot be generated and the produced fur is unable to connect the stomach qi and gradually separates from the tongue body, floating on the tongue surface and becoming rootless.

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2.1.13　脓腐苔 Pustular curdy fur



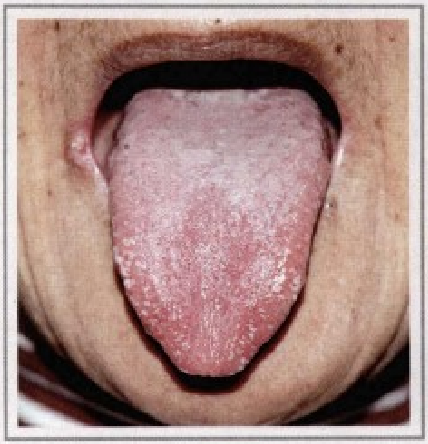
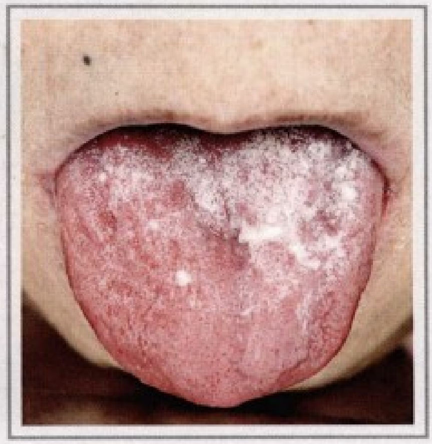
舌象特征：苔上黏厚一层有如疮脓则称脓腐苔。
临床意义：为热毒上泛，胃气衰败的征象。

Character of the tongue: The tongue fur is viscose and turbid, like sore pustule.
Clinical significance: It indicates overflowing of heat-toxicity, or decline of the stomach qi.

腻苔与腐苔比较：
舌象特征：腻苔的苔质细腻板滞，苔根牢着；腐苔的苔质粗大，根底光滑。
临床意义：腻苔为脾胃湿浊之气合胃气上蒸所致，为邪实正未虚的征象；腐苔主要为邪浊未化而胃气已衰，提示正不胜邪的危重征象。
Comparison between slimy fur and curdy fur:
Character of the tongue: The slimy fur is fine and dense, with fixed root. The curdy fur is thick and big, with loose root.
Clinical significance: The slimy fur is upward steaming of the stomach qi with the pathogenic dampness-turbidity in the spleen and stomach. It is a sign of excess pathogenic factors and healthy qi. And the curdy fur is undissolved turbidity and debilitation of stomach qi. It is a critical sign of the healthy qi not defeating pathogenic factors.

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2.1.14 白霉苔 White moldy fur

舌象特征： 舌上生糜点如饭粒，或满舌糜点形如凝乳，甚则漫延到舌下或口腔其他部位，揩之可去，旋即复生，舌面光红，称为白霉苔亦称霉腐苔。

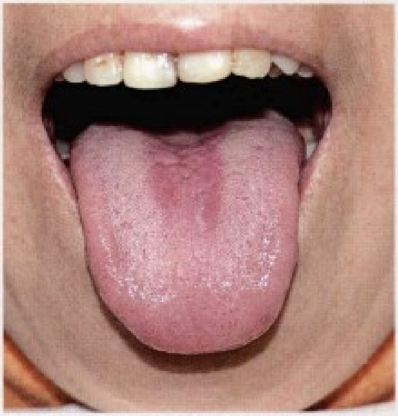
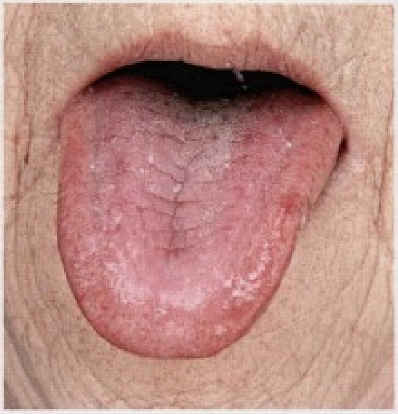
临床意义： 多见于机体气阴两虚，正虚不胜邪，湿热秽浊之邪泛滥的危重病者。

Character of the tongue: There are gruel spots on the tongue like rice grains, or white gruel spots like curbs on the whole tongue. Or the spots spread to sublingual part or other parts in the mouth. They can be scraped away, but would reappear immediately. When they are scraped away, the tongue body is bright and smooth without fur.

Clinical significance: It indicates deficiency of both qi and yin, deficiency of healthy qi failing to defeat the pathogenic factors, or overflow of pathogenic dampness, heat and turbidity. It is often seen in serious conditions.

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2.1.15 剥苔 Peeled fur

舌象特征：舌苔全部或部分剥落，剥落处舌面光滑无苔，称为剥苔。

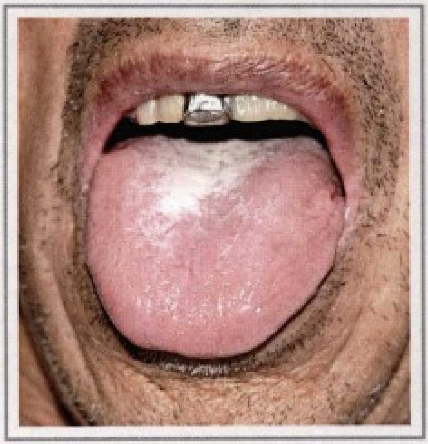
临床意义：主胃气匮乏，胃阴枯涸或气血两虚，亦是全身虚弱的一种征象。

Character of the tongue: The tongue fur is peeled completely or partially. The tongue surface where the fur peeled is bright and smooth without any fur.

Clinical significance: It indicates deficiency of stomach qi, exhaustion of stomach yin, or deficiency of both qi and blood. It is a sign of weak constitution.

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2.1.16 淡剥苔 Pale peeled fur





舌象特征：舌色淡嫩，舌苔剥落。

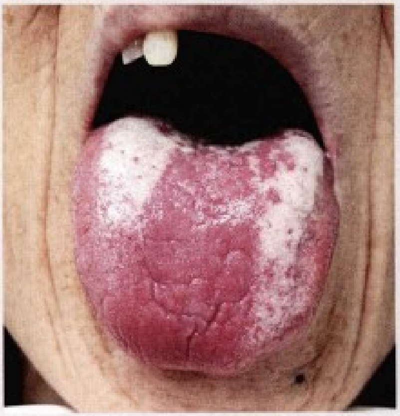
临床意义：为胃气虚弱，气血两虚。

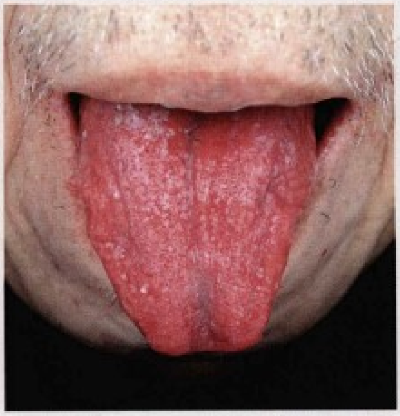
Character of the tongue: The tongue is pale and tender with peeled fur.

Clinical significance: It indicates deficiency of stomach qi, and deficiency of both qi and blood.

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2.1.17 红剥苔 Red peeled fur





舌象特征： 舌质红绛而舌苔剥落。

临床意义： 为胃阴不足，阴虚火旺，气阴两虚。

Character of the tongue: The tongue is red and tender with peeled fur.

Clinical significance: It indicates insufficiency of stomach yin, deficient yin and effulgent fire or deficiency of both qi and yin.

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2.1.18 花剥苔 Patchy-peeled fur




舌象特征：舌苔斑片状剥落，未剥落处仍有腻苔或白苔。

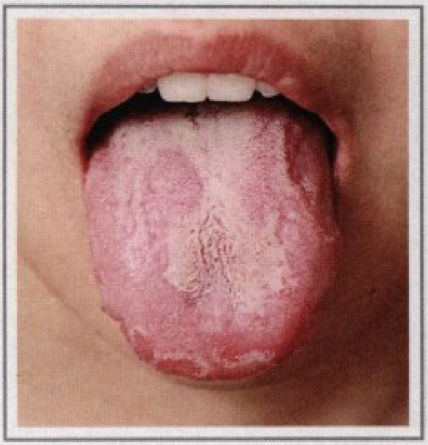
临床意义：为胃气已虚，湿浊之邪未化，病情比较复杂。

Character of the tongue: The fur is partially peeled off, still with slimy fur or white fur in the non-peeled areas.

Clinical significance: It indicates deficiency of stomach qi with undissolved dampness turbidity. The pathogenic condition is rather complex.

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2.1.19 类剥苔 Exfoliated fur





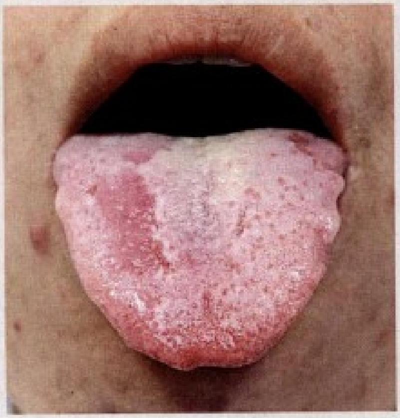
舌象特征：舌苔剥落处，舌面不光滑，仍有新生苔质颗粒或乳头可见。
临床意义：为胃气胃阴不足，消化功能减弱的征象，也见于体质过敏者。

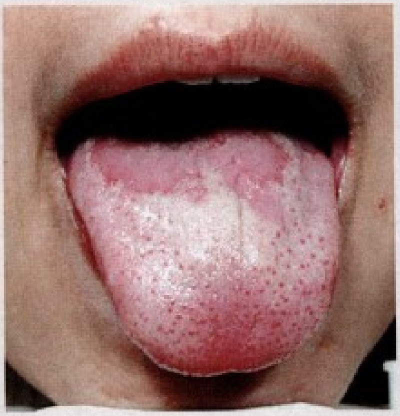
Character of the tongue: The tongue surface where the coating peeled is not smooth, and the new-produced granules or papillae of the tongue fur can still be seen.

Clinical significance: It indicates insufficiency of stomach qi and stomach yin, and diminished digestion, and allergic constitution as well.

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2.1.20 地图舌 Geographical tongue





舌象特征：舌苔成片剥落，边缘突起，界线清楚，剥落部位经常改变。

临床意义：为气阴两虚或体质过敏者多见。

Character of the tongue: The fur is peeled in patches, with prominent margins, clear borders and wandering locations.

Clinical significance: It indicates deficiency of both qi and yin, or allergic constitution.

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2.1.21 镜面舌 Mirror tongue





舌象特征： 舌苔剥落殆尽，舌面光滑如镜，称为镜面舌。

临床意义： 提示病情深重，胃气已败，机体营养极度损耗。

Character of the tongue: The tongue fur is peeled completely, and the tongue surface is bright and smooth like a mirror.

Clinical significance: It indicates critical conditions, collapse of stomach qi or extreme exhaustion of nutrition.

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2.1.22 镜面红舌 Red mirror tongue





舌象特征：舌苔光剥，舌质色红。

临床意义：为胃阴干涸，胃无生发之气。

Character of the tongue: The tongue fur is peeled completely, and the tongue body is in red color.

Clinical significance: It indicates exhaustion of stomach yin, with failure in the production of qi in the stomach.

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2.1.23 镜面淡舌 Pale mirror tongue





舌象特征：舌色淡白，苔光剥如镜者。
临床意义：为营血大亏，胃气将脱，病重难治。
观察舌苔的有无、消长及剥落变化，不仅能测知胃气、胃阴的存亡，亦可反映邪正盛衰，判别疾病的予后；舌苔剥落为正气渐衰的表现；薄苔复生为邪去正胜，胃气渐复的佳兆。

Character of the tongue: The tongue is sallowish and bright and the fur is completely peeled like a mirror.

Clinical significance: It indicates extreme exhaustion of blood, collapse of the stomach qi, or serious and intractable diseases.

The presence, growth and peeling of the tongue fur can not only estimate stomach qi and stomach yin, but also can reflect the conditions of pathogenic factors and healthy qi, judge the prognosis of diseases. Peeled tongue fur indicates gradual weakness of healthy qi. Recovered thin fur manifests declined pathogenic factors and rising healthy qi, which is a favourable sign of recovered stomach qi.

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2.2 舌苔的颜色

Color of the tongue fur

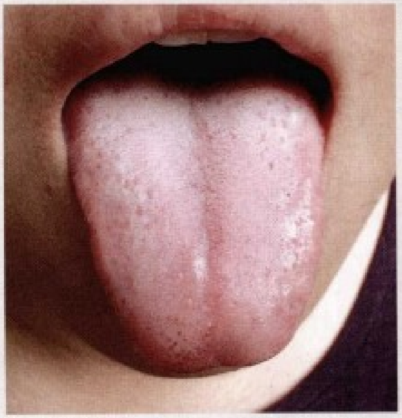
舌苔的颜色，即苔色，主要分白苔、黄苔、灰黑苔三类。苔色变化主要反映病邪的性质，同时要和苔质变化结合起来进行分析。

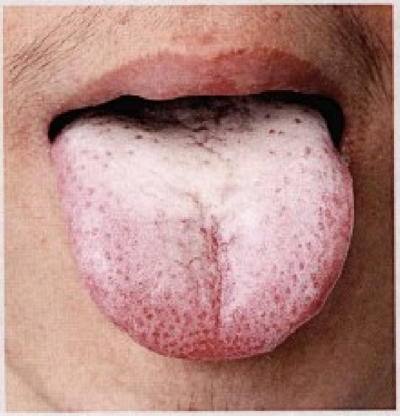
The color of the tongue fur is divided into three kinds: white, yellow and grey-black. The color of tongue fur mainly reflects the nature of pathological conditions, and should be analyzed in combination with the tongue body.



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2.2.1 白苔 White fur





舌象特征： 苔色白。

临床意义： 可见于正常人，也主表证、寒证。

Character of the tongue: The color of the tongue fur is whitish.

Clinical significance: It indicates exterior and cold syndromes, and can also be seen in healthy people.

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2.2.2 薄白苔 Thin white fur





舌象特征：苔薄色白，透过白苔可以看到舌体。

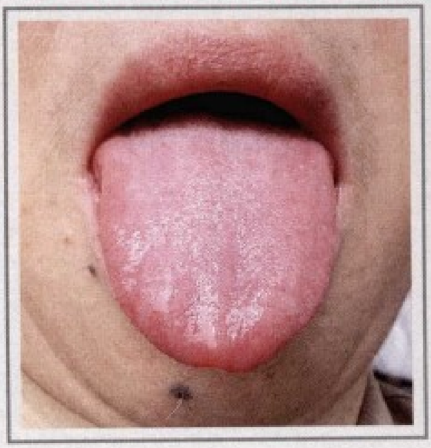
临床意义：多见于正常人；或表证初期阶段，病情轻浅。

Character of the tongue: The tongue fur is thin and whitish. Through the whitish fur, the tongue body can be seen.

Clinical significance: It is mostly seen in the healthy people or in the initial stage of exterior syndrome in mild conditions.

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2.2.3 薄白润苔 Thin white and moist fur





舌象特征：苔色白，透过白苔可以看到舌体，舌面湿润。

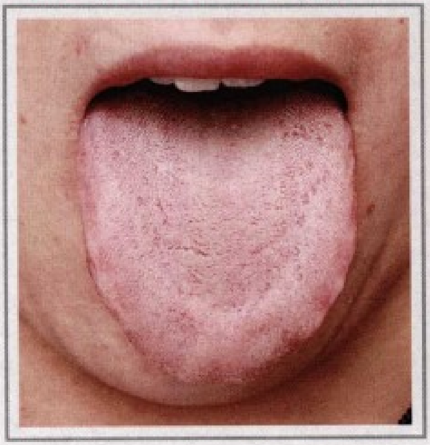
临床意义：多见于正常人；或疾病初期，病情轻浅。

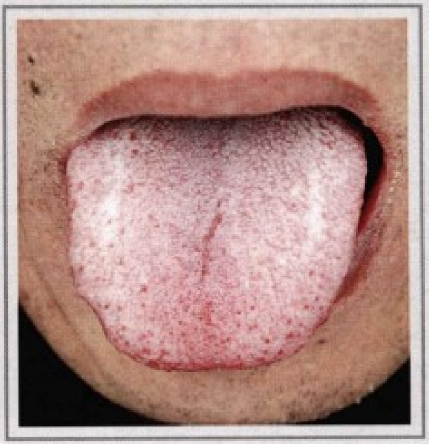
Character of the tongue: The color of the tongue fur is whitish and the tongue body can be seen through the white fur, with moist tongue surface.

Clinical significance: It is often seen in healthy people or in the initial stage of the diseases, with mild conditions.

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2.2.4 薄白干苔 Thin white and dry fur





舌象特征：舌苔薄白，苔面少津或苔有裂纹。

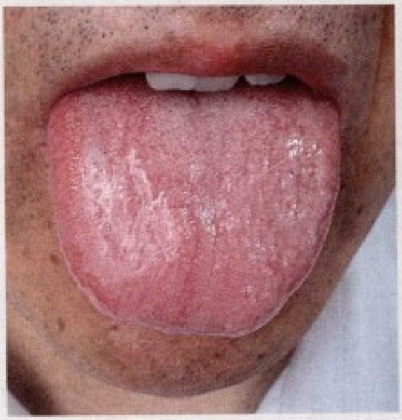
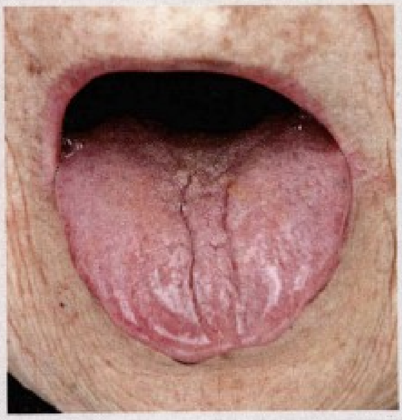
临床意义：提示表邪化热，风热耗津。

Character of the tongue: The color of the tongue fur is whitish, and the fur surface is short of fluids or full of cracks.

Clinical significance: It indicates the transformation of the exogenous pathogenic factors into heat, or fluids consumption by wind heat.

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2.2.5 薄白滑苔 Thin white and slippery fur

舌象特征：舌苔薄白，舌面水分多而欲滴。

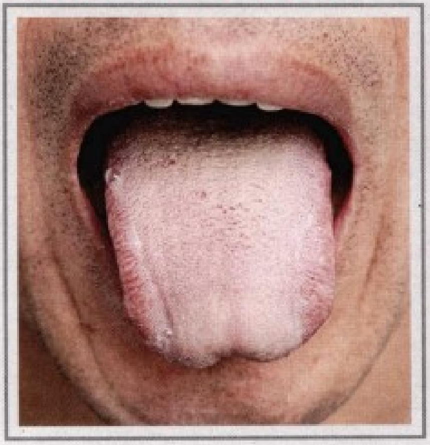
临床意义：提示外感寒邪或脾阳不振，水湿内停。

Character of the tongue: The tongue fur is thin and whitish, and the tongue surface is full of water which seems to dribble.

Clinical significance: It indicates exogenous cold-dampness, or internal retention of water-dampness due to weakness of spleen yang.

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2.2.6 白厚苔 Thick white fur





舌象特征： 苔色呈乳白或粉白色，苔质厚，舌体被舌苔遮盖而不见底。

临床意义： 为里寒证或寒湿证的征象。

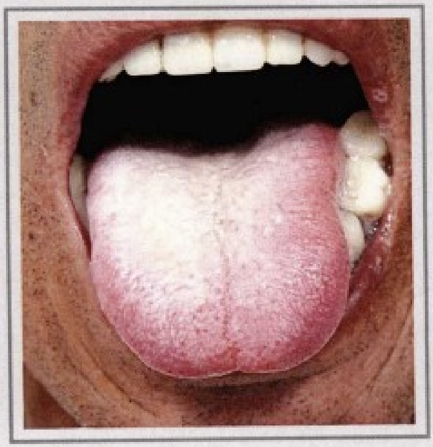
Character of the tongue: The color of the tongue fur is milky or powder-like white, and the tongue body is covered by tongue fur and cannot be seen.

Clinical significance: It indicates interior cold syndrome or cold dampness syndrome.

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2.2.7 白厚腻苔 Thick white and slimy fur





舌象特征：舌苔白，苔质厚，紧贴舌面，舌面湿润。

临床意义：主湿浊内困，痰饮内停或食积。

Character of the tongue: The tongue fur is thick, whitish and compact, and tightly adheres to the tongue surface, and the tongue surface is moist.

Clinical significance: It indicates internal accumulation of dampness and turbidity, internal retention of phlegm-fluids, or retention of food.

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2.2.8 白厚腻干苔 Thick white slimy and dry fur



舌象特征: 舌苔白,舌质厚腻,舌面干燥。

临床意义: 主湿浊内阻,津气不得宣化之象。

Character of the tongue: The tongue fur is thick and slimy, and tongue surface is dry.

Clinical significance: It is a sign of the retention of dampness and turbidity in the interior, and of the failure of fluid qi to diffuse and transform.

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2.2.9 积粉苔 Powdered fur





舌象特征： 舌苔白，苔质厚而干，如积粉，扪之不燥。

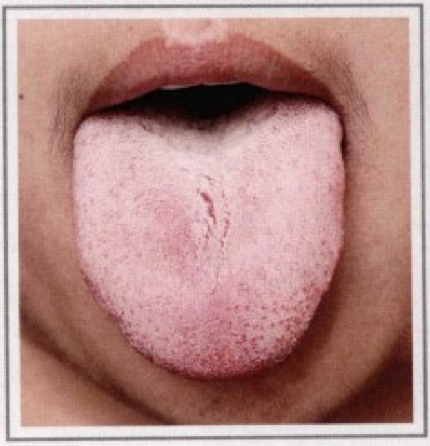
临床意义： 可见于外感湿热病，秽浊湿邪与热毒相结诸证。

Character of the tongue: The tongue fur is whitish and thick and dry just like powder on the tongue.

Clinical significance: It indicates exogenous dampness-heat syndrome, or complex of pathogenic turbidity-dampness and heat-toxicity.

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2.2.10 白燥裂苔 White dry and fissured fur





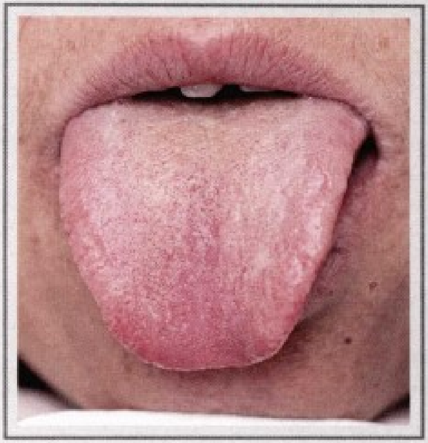
舌象特征：舌苔白，苔质干燥有裂，扪之挫手。
临床意义：为阳虚气不化津，或燥热伤津之征象。

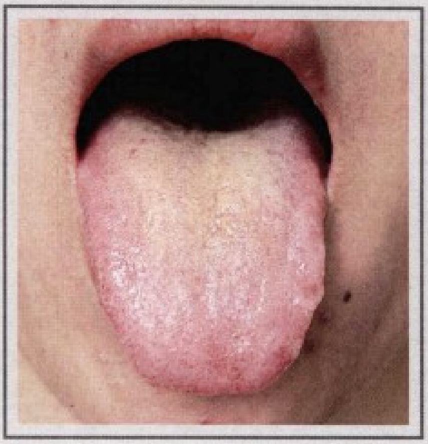
Character of the tongue: The tongue fur is whitish and dry and fissured, and feels coarse.

Clinical significance: It indicates deficient yang-qi failing to transform fluids, or consumption of body fluids by dryness heat.

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2.2.11 薄黄苔 Thin yellow fur



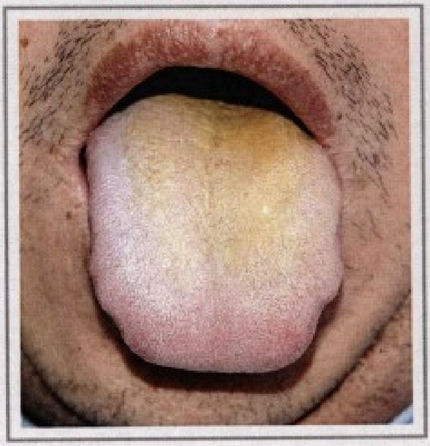


舌象特征：舌苔薄，呈均匀淡黄色或微黄色。
临床意义：为邪热轻的表现，多见于风热表证或风寒化热入里。

Character of the tongue: The tongue fur is thin, evenly light yellow or slight yellow.
Clinical significance: It indicates mild pathogenic heat and is often seen in exterior syndrome of wind-heat or interior transformation of wind-cold into heat.

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2.2.12 黄白相兼苔 Mixed yellow and white fur

舌象特征：在白苔上，部分出现黄苔。

临床意义：多见于化热之象或外感风寒化热入里，表里同病或里证寒热夹杂证。

Character of the tongue: Some yellow fur occurs in the white-colored fur.

Clinical significance: It indicates the heat syndromes, transformation of the exterior wind-cold syndrome into interior heat syndrome, or the phase with simultaneous exterior and interior syndromes, or interior syndrome with cold-heat complex.

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2.2.13　深黄苔 Deep yellow fur





舌象特征：苔色深黄，苔质略厚，又称正黄苔。

临床意义：为邪热入里，里热炽盛，是里实热证的征象。

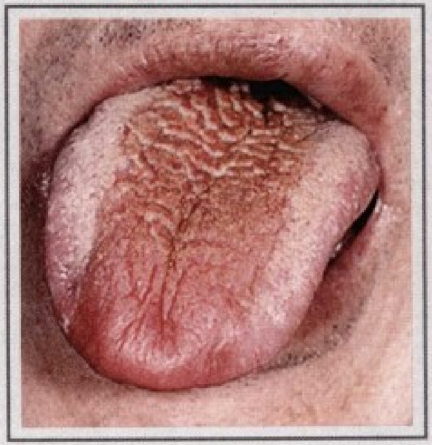
Character of the tongue: The color of the fur is bright yellow and the fur is somewhat thick.

Clinical significance: It indicates invasion of pathogenic heat into the interior, or interior excess heat syndrome.

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2.2.14 焦黄苔 Brown yellow fur





舌象特征：黄苔中间夹有灰褐色，舌质干，又称老黄苔。

临床意义：为邪热炽盛，日久不化的征象。

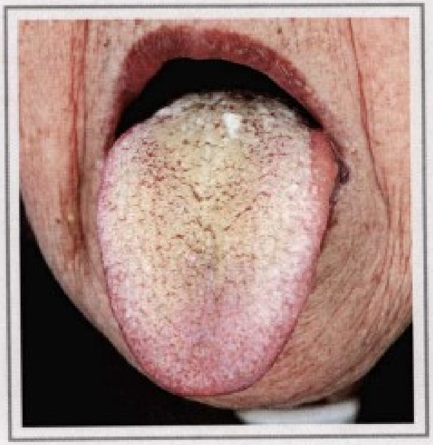
Character of the tongue: A gray-brownish color is partially mingled with yellow fur and dry tongue body, which is also called rough yellow fur.

Clinical significance: It indicates excess pathogenic heat which lingers for a long time.

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2.2.15 黄糙苔 Yellow tough fur





舌象特征： 舌苔黄，苔质干硬粗松如沙石或呈黄瓣，扪之糙之。

临床意义： 为邪热伤津，燥结腑实的征象。

Character of the tongue: The tongue fur is yellow, dry, tough and loose like sands or yellow cloves, and feels coarse.

Clinical significance: It indicates consumption of body fluids due to pathogenic heat, or accumulation of dryness in fu organs.

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2.2.16 黄滑苔 Yellow slippery fur



舌象特征：苔色淡黄，苔质润滑，多津液。

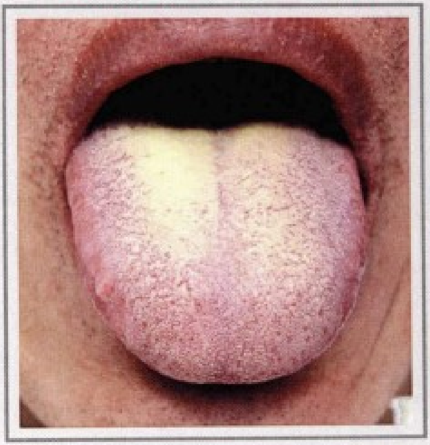
临床意义：多见于阳虚寒湿之体，痰饮聚之化热，或气血亏虚者感受湿热之邪。

Character of the tongue: The tongue fur is light yellow, moist and slippery with excessive fluids.

Clinical significance: It indicates transformation of accumulated phlegm-fluid into heat in the body constitution of yang deficiency and cold-dampness, or invasion of dampness-heat in the patients with the body constitution of qi and blood deficiency.

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2.2.17 黄腻苔 Yellow slimy fur





舌象特征：苔色黄，苔质黏腻。

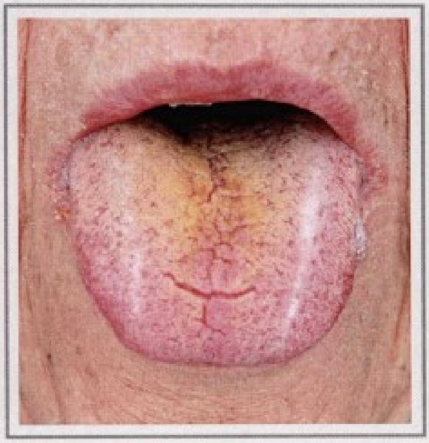
临床意义：主湿热，痰饮化热或食积热腐。

Character of the tongue: The tongue fur is yellow, slimy and sticky.

Clinical significance: It indicates dampness-heat, or transformation of phlegm-fluid into heat, or retention of food and heat.

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2.2.18 黄黏腻苔 Yellow sticky-slimy fur

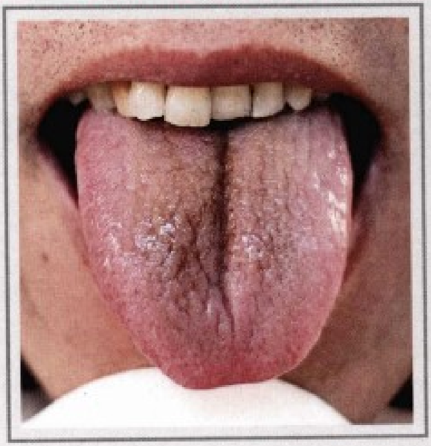
舌象特征：苔色黄而腻，舌面多黏液。
临床意义：痰涎或湿浊与邪热胶结之象。

Character of the tongue: The tongue fur is yellow and slimy, and full of mucus on the tongue surface.

Clinical significance: It is a sign of mixture of phlegm or dampness-turbidity and pathogenic heat.

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2.2.19 灰黑腻润苔 Gray-black slimy and moist fur





舌象特征：白腻苔上出现部分灰黑色，舌质淡嫩，湿润。

临床意义：阳虚寒湿，痰饮内停的征象。

Character of the tongue: A gray-black color occurs partially in the white-slimy fur. The tongue surface is wet and moist, and tongue body is light and tender.

Clinical significance: It indicates cold-dampness due to yang deficiency, or internal retention of phlegm-fluids.

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2.2.20 黄腻灰黑苔 Yellow slimy and gray-black fur




舌象特征：舌苔黄腻，部分灰黑色。
临床意义：湿热内蕴，日久不化所致。

Character of the tongue: A gray-black color occurs partially in the yellow slimy fur.

Clinical significance: It indicates internal accumulation of dampness-heat lingering for a long time.

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2.2.21 焦黑干燥苔 Carbonized dry fur



舌象特征：苔焦黑色，苔质干裂起刺，舌面无津。

临床意义：主热极津枯。

Character of the tongue: The color of the fur is burnt black, without fluids on the tongue surface. The tongue body is dry, fissured and prickly.

Clinical significance: It indicates consumption of body fluids due to extreme heat.

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舌诊的临床应用

Clinical Application of the Tongue Diagnosis

舌诊是中医临床病证诊断的重要方法之一，对辨证、诊病、治疗、预后等都具有重要的指导意义。病证结合的诊疗模式是舌诊应用的主要表现形式。

Tongue diagnosis is one of the important diagnostic methods in clinical practice, and plays a vital role in the guidance of syndrome differentiation, disease diagnosis, treatment administration and prognosis judgment. Diagnostic mode based on both syndrome and disease is the cardinal manifestation of the clinical application of tongue diagnosis.

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1 常见证候的舌象特征

Typical tongue features of common syndromes

舌象是临床辨证的重要依据之一，不同证候在舌象表现上具有一定的特异性。舌质主要反映脏腑、气血、阴阳的盛衰，也可以反映某些病邪性质；舌苔则主要反映病邪性质、深浅，也可以反映胃气的存亡；在辨证应用时两者还要综合分析。

Tongue feature is one of the most important evidences in the clinical syndrome differentiation. Different syndromes have different tongue manifestations. Tongue body mainly reflects the conditions of zang and fu, qi and blood, yin and yang. It also reflects the character of some pathogens. Tongue fur mainly reflects the character and severity of the pathogen. It also reflects the presence of the stomach qi. Both of them should be analyzed in syndrome differentiation.

PDG

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1.1 气虚证 Qi deficiency syndrome

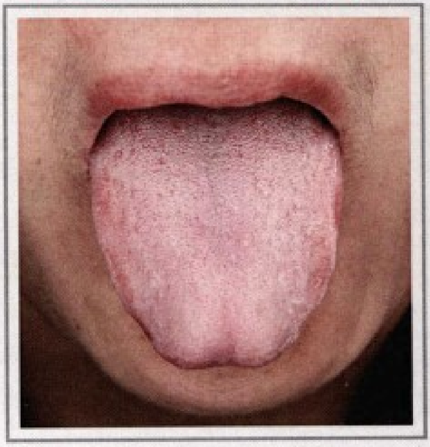


图 3-1 Fig. 3-1



图 3-2 Fig. 3-2

常见症状：神疲乏力，面色淡白；少气懒言，咳喘无力；动则汗出；脉虚无力。

常见舌象：气虚舌象异常主要表现在舌色上，轻者可无明显异常，稍重者舌色淡白少华(图 3-1)，甚者则舌色淡白胖嫩(图 3-2)。

Common symptoms: Tiredness, pale complexion, shortness of qi and laziness to speak, breathlessness and weakness, spontaneous sweating on exertion, and faint pulse.

Tongue manifestations: Tongue of qi deficiency syndrome is indicated in color, no marked abnormality in mild conditions (Fig. 3-1), pale tongue or even tender swollen tongue in severe conditions (Fig. 3-2).

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1.2 血虚证 Blood deficiency syndrome



图 3-3 Fig. 3-3

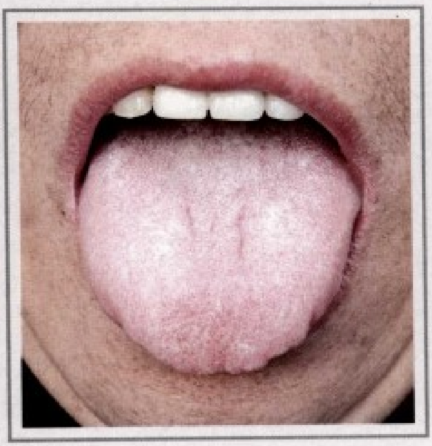


图 3-4 Fig. 3-4

常见症状：面色淡白无华，或面色萎黄，甲色、唇色淡白；或头晕眼花，心悸失眠，肢体麻木；妇女则见经少色淡，愆期甚至闭经；脉细无力。

常见舌象：血虚诸证舌象异常亦主要表现在舌色上，轻者舌色淡白无华（图 3-3），甚者则白多红少，血色几无（图 3-4）。

Common symptoms: Pallor or withered yellowish complexion, pale nails and lips; dizziness, palpitation and insomnia and numb limbs; in women, scanty light menses, delayed or even suppressed menstruation; fine and weak pulse.

Tongue manifestations: Tongue of blood deficiency syndrome is indicated in color, pale tongue in mild conditions (Fig. 3-3), whitish or bloodless tongue in severe conditions (Fig. 3-4).

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1.3 阴虚证(虚热证)Yin deficiency syndrome (deficient heat syndrome)

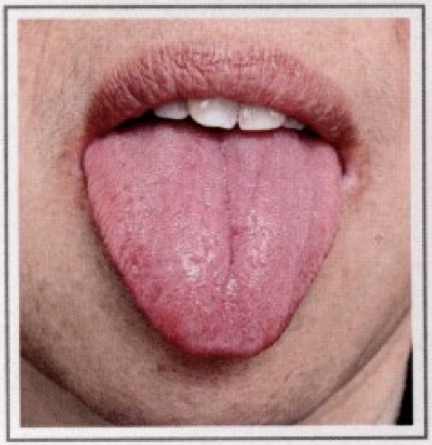


图 3-5 Fig. 3-5

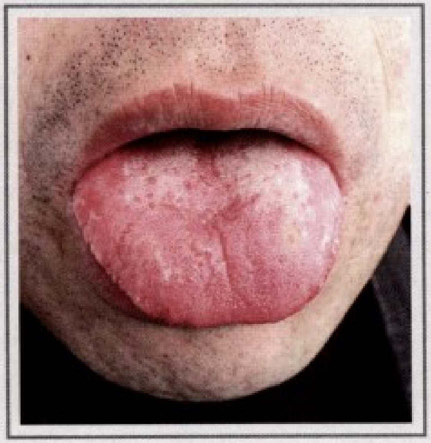


图 3-6 Fig. 3-6

常见症状：口干咽燥，颧红，五心烦热；小便短少，大便干燥，午后或入夜阵发性发热，甚者热如骨蒸；盗汗；日久则多见消瘦；脉细数。

常见舌象：阴虚证的典型舌象表现为舌红少苔(图 3-5)，各类剥苔亦是阴虚常见舌象。前剥者多心肺阴虚(图 3-6)。

Common symptoms: Dry mouth and throat, flushed cheek, feverish sensation in palms, soles and heart, short and scanty urine, constipation, paroxysmal fever, even bone steaming in afternoon or at night, night sweat; emaciation in chronic cases, fine and rapid pulse.

Tongue manifestations: The typical tongue of yin deficiency syndrome is red tongue with little fur (Fig. 3-5); various kinds of peeled fur are seen in yin deficiency syndrome, anterior peeled fur in heart-lung deficiency syndrome (Fig. 3-6).

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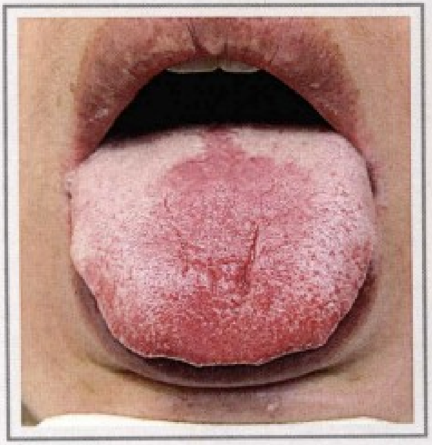


图 3-7 Fig. 3-7

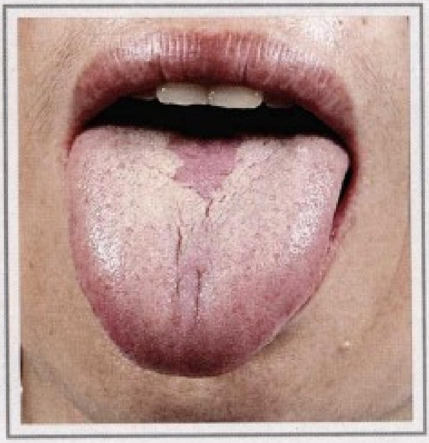


图 3-8 Fig. 3-8

中剥者多脾胃阴虚(图 3-7),根剥者多肾阴虚(图 3-8)。

Central peeled fur is seen in spleen-stomach yin deficiency syndrome (Fig. 3-7), root peeled fur is seen in kidney yin deficiency syndrome (Fig. 3-8).

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图 3-9 Fig. 3-9

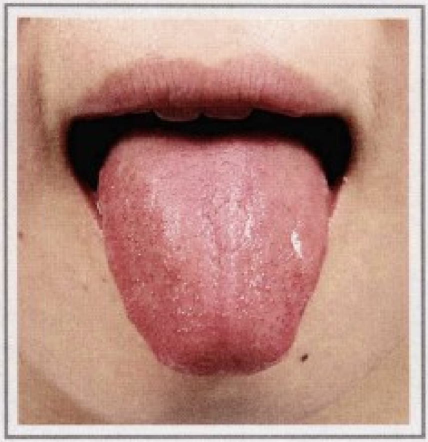


图 3-10 Fig. 3-10

热重者，苔少而舌质红绛（图 3-9），阴液亏虚重，苔少而干燥（图 3-10）。

Crimson tongue with little fur is seen in the presence of severe heat (Fig. 3-9), dry tongue with little fur is seen in the presence of severe yin deficiency (Fig. 3-10).

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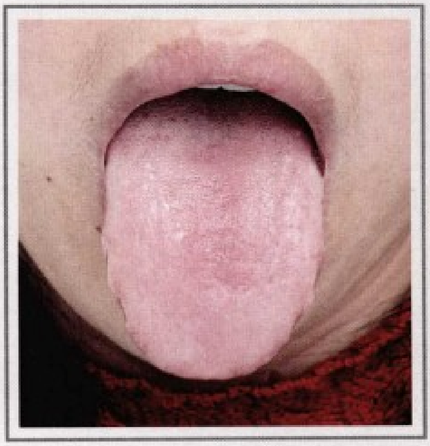


图 3-11　Fig. 3-11

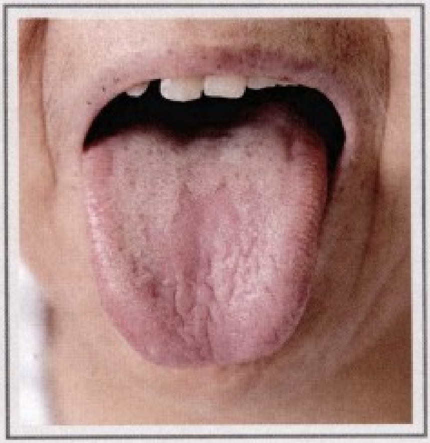


图 3-12　Fig. 3-12

气阴两虚则见舌淡苔少(图 3-11)或舌淡苔剥(图 3-12)。

Pale tongue with little fur(Fig. 3-11) or peeling fur(Fig. 3-12) is seen in the presence of qi and yin deficiency.

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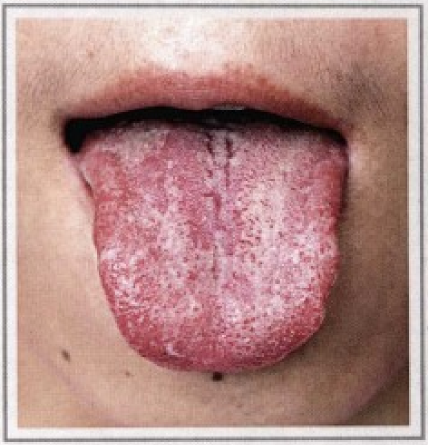
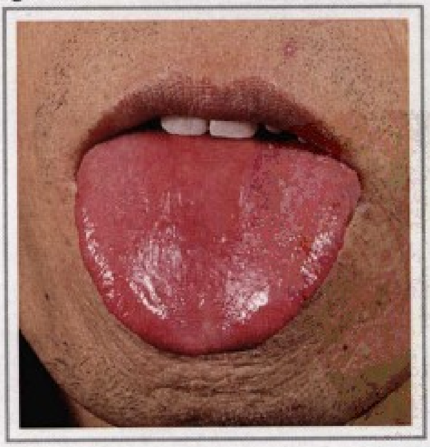

图 3-13 Fig. 3-13


图 3-14 Fig. 3-14


图 3-15 Fig. 3-15

类剥苔(图 3-13)、花剥苔(图 3-14)亦多属阴虚或气阴两虚之象，也可见于过敏性体质。阴液干涸重症则见舌光红无苔，即镜面舌(图 3-15)。

Exfoliated fur(Fig. 3-13) and peeling fur(Fig. 3-14) are mostly seen in the presence of yin deficiency or both qi and yin deficiency or in some people with allergic constitution. Red tongue without fur (mirror tongue) is seen in the presence of yin exhaustion(Fig. 3-15).

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1.4 阳虚证(虚寒证)Yang deficiency syndrome

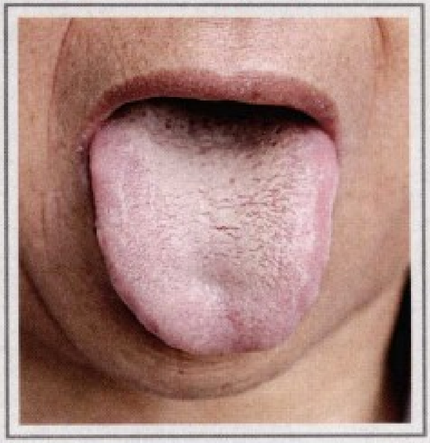


图 3-16 Fig. 3-16

常见症状：畏寒肢凉，兼见神疲乏力，面色淡白，口淡不渴，自汗；或见小便清长，大便稀薄；脉沉迟无力。

常见舌象：阳虚偏虚寒者舌色淡白而苔白(图 3-16)。

Common symptoms: Aversion to cold and cold limbs, accompanied by pale complexion, bland taste and absence of thirst, spontaneous sweating; or clear voluminous urine, loose stools, sunken slow and weak pulse.

Tongue manifestations: In yang deficiency with cold syndrome, the tongue is pale and the fur whitish(Fig. 3-16).

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图 3-17 Fig. 3-17



图 3-18 Fig. 3-18

若阳虚而水湿盛则舌色淡白胖嫩，苔白而多湿滑（图 3-17），若阳虚兼见气血不畅则舌淡紫而胖（图 3-18）。

In yang deficiency with dampness syndrome, the tongue is pale, tender and swollen, and the fur is whitish and slippery(Fig. 3-17); in yang deficiency with qi-blood stagnation syndrome, the tongue is lightly purple and swollen(Fig. 3-18).

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1.5 津液亏虚证 Fluids deficiency syndrome



图 3－19 Fig. 3－19



图 3－20 Fig. 3－20

常见症状：咽干口燥，甚则口唇燥裂，皮肤干燥；小便短少，大便干燥；脉细或细数。

常见舌象：一般以舌上干燥少津（图 3－19）为主要表现，津亏重者则见舌质红舌苔干燥（图 3－20）。

Common symptoms: Dry throat and mouth, even cracked lips, dry skin, scanty urine and constipation, fine or rapid pulse.

Tongue manifestations: The tongue is usually dry without fluids on it (Fig. 3－19), even red with dry fur in severe fluids deficiency syndrome (Fig. 3－20).

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1.6 气滞证 Qi stagnation syndrome



图 3-21 Fig. 3-21

常见症状：胸胁、脘腹、胁肋等处闷、胀或疼痛，部位不定，症状时轻时重，或随情志变化而增减，脉多弦。

常见舌象：舌象可无明显变化，脘腹闷胀则多见舌淡红，苔白微厚腻(图 3-21)或苔白腻而偏燥(图 3-22)。

Common symptoms: Distention or pain in the hypochondrium, flanks and abdomen that moves from one place to another, and is sometimes relieved or worsened, or changes with emotions, and string-like pulse.

Tongue manifestations: The tongue may be normal. In the presence of abdominal distention and fullness, the tongue can be lightly red with slightly slimy fur(Fig. 3-21) or whitish slimy and dry fur(Fig. 3-22).

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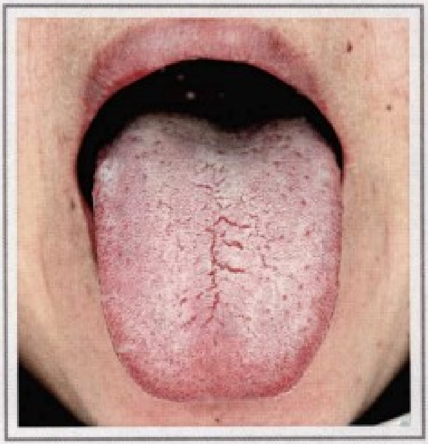


图 3-22 Fig. 3-22



图 3-23 Fig. 3-23

若气滞兼见血行不畅，则亦可见舌质淡紫或兼有瘀点(图 3-23)。

In the presence of qi and blood stagnation, the tongue may be lightly purple with possible petechia(Fig. 3-23).

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1.7 血瘀证 Blood stasis syndrome

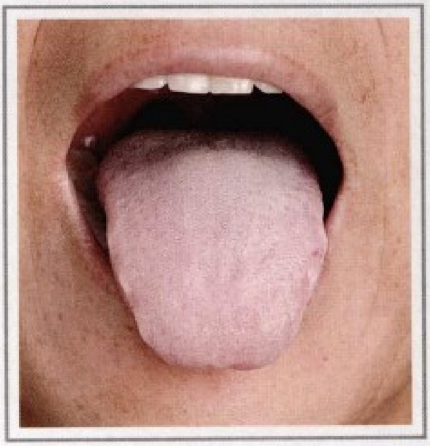


图 3-24 Fig. 3-24

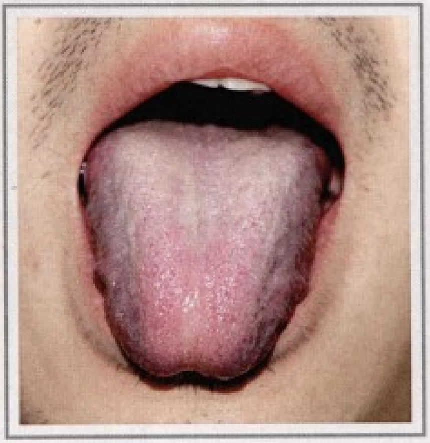


图 3-25 Fig. 3-25



图 3-26 Fig. 3-26

常见症状：病症有青紫或肿块，刺痛，部位固定，常夜间加重；或见出血，血色

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紫暗多夹血块；面色青或黑，口唇爪甲青紫；脉细涩或结代。

常见舌象：舌质颜色和舌下络脉的情况对血瘀证有重要的诊断价值。血瘀证舌质多淡紫（图3-24）、青紫（图3-25）或紫暗（图3-26）。

Common symptoms: Black and blue or swelling, stabbing pain in fixed place that is worsened at night; or bleeding, with dark clots; bluish or darkish face, bluish nails and lips; fine rough or bound intermittent pulse.

Tongue manifestations: The tongue color and sublingual veins are important for the diagnosis of blood stasis syndrome. Blood stasis syndrome presents with lightly purple tongue(Fig. 3-24), bluish tongue(Fig. 3-25) or darkish tongue (Fig. 3-26).

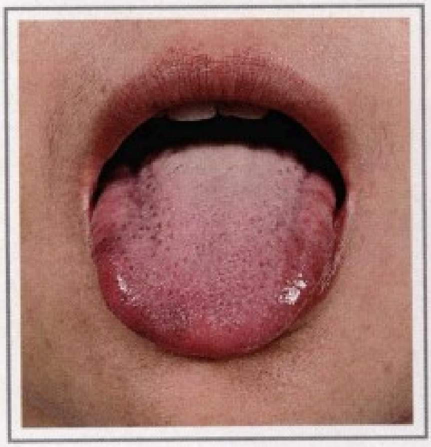


图3-27 Fig. 3-27

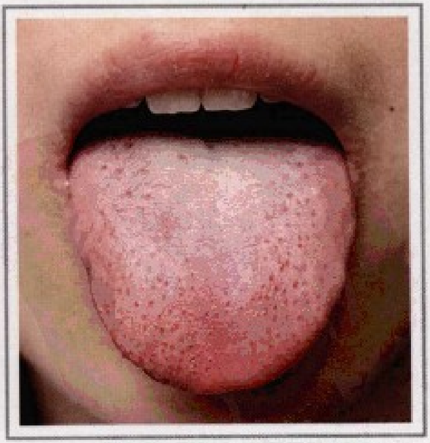


图3-28 Fig. 3-28

或见舌边瘀斑（图3-27）、舌边舌尖瘀点（图3-28）。

Or tongue with petechia on the margins (Fig. 3-27)or on margins and tip (Fig. 3-28).

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图 3-29 Fig. 3-29



图 3-30 Fig. 3-30



图 3-31 Fig. 3-31

多伴随或独见舌下络脉青紫(图 3-29)、曲张(图 3-30),甚至紫黑(图 3-31)。

Or with possible bluish (Fig. 3-29), or twisted (Fig. 3-30) or dark sublingual veins(Fig. 3-31).

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1.8 实寒证 Excess cold syndrome

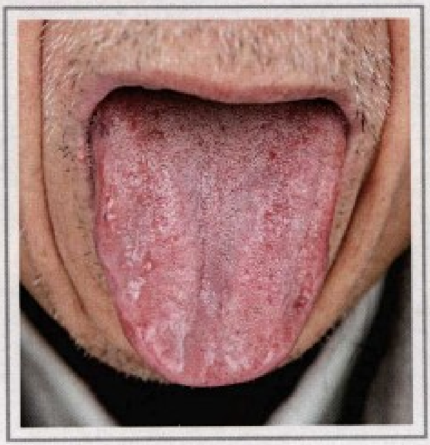


图 3-32 Fig. 3-32

常见症状：常见畏寒恶寒，喜暖，或局部冷痛；面色淡白或青，四肢不温，口淡不渴；痰、涎、涕清稀；或小便清长、大便稀溏；脉迟或紧。

常见舌象：表寒证多见舌淡红，苔薄白或白而稍厚（图 3-32）；里寒证则舌色淡白，苔白而滑润（图 3-33）。

Common symptoms: Aversion to cold and preference to warmth, localized cold pain; pale or bluish complexion, cold limbs, bland taste and no thirst, clear thin sputum, saliva and snivel; or clear and voluminous urine, loose stools; slow or tight pulse.

Tongue manifestations: Exterior cold syndrome presents pale tongue with thin or little thick whitish fur(Fig. 3-32); interior cold syndrome presents pale tongue with whitish and moist fur(Fig. 3-33).

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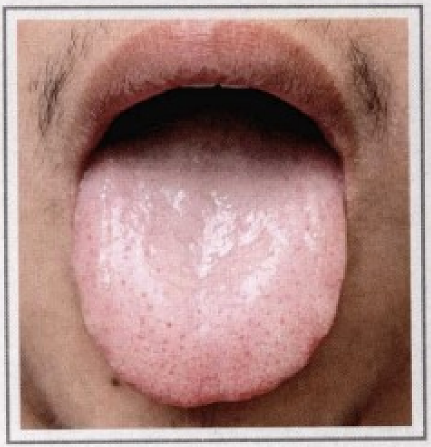


图 3-33　Fig. 3-33

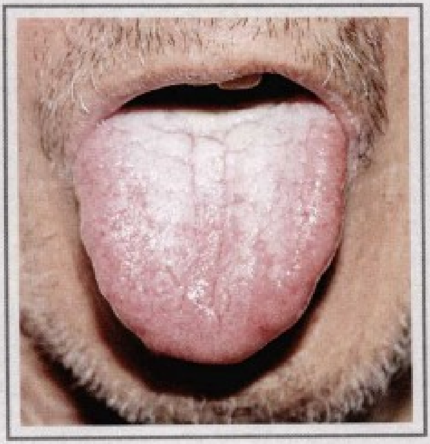


图 3-34　Fig. 3-34

寒邪郁久则多见苔白腻而湿滑(图 3-34)。

Or whitish slimy and moist fur(Fig. 3-34) is often seen in the presence of lingered cold factors.

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1.9 实热证 Excess heat syndrome

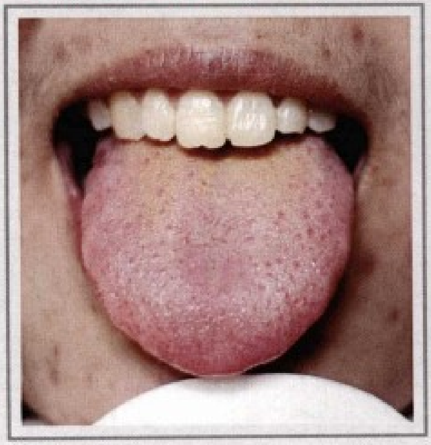


图 3-35 Fig. 3-35

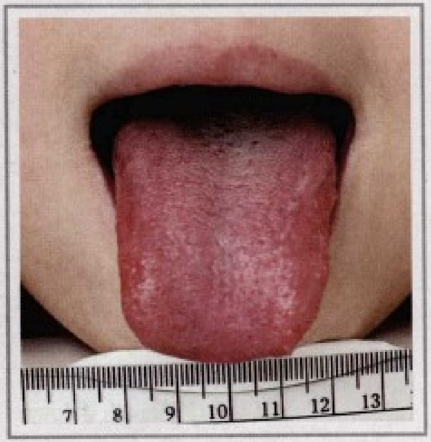


图 3-36 Fig. 3-36

常见症状：常见发热恶热，喜冷，或局部灼痛；面红目赤，口渴喜冷饮；痰涕黄稠；小便短黄，大便干结；或烦躁不安，甚则神昏谵语；或吐血、衄血；脉数。

常见舌象：表热证多见舌淡红苔薄黄（图 3-35）；里实热证则多见舌红（图3-36）。

Common symptoms: Aversion to heat and preference to cold, or localized burning pain; red face and eyes, thirstiness and desire for cold drink; yellowish thick sputum and snivel; yellowish and scanty urine, constipation, or restlessness, even unconsciousness and delirium; or vomiting blood or bleeding somewhere; rapid pulse.

Tongue manifestations: Exterior heat syndrome presents light red tongue with thin yellowish fur (Fig. 3-35); interior heat syndrome presents red tongue (Fig. 3-36).

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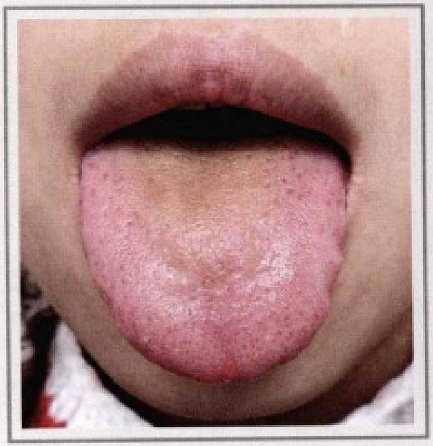


图 3-37 Fig. 3-37

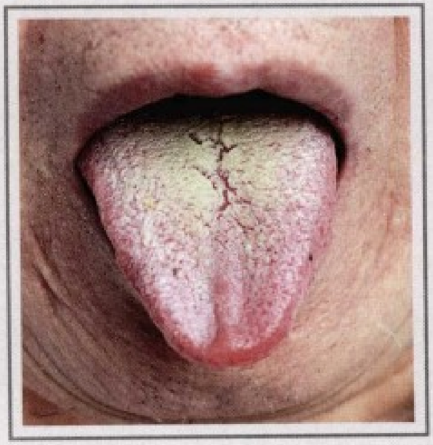


图 3-38 Fig. 3-38



图 3-39 Fig. 3-39

邪热郁久则见舌红苔黄(图 3-37),热盛则舌红苔黄燥(图 3-38),兼有湿邪则多黄腻苔(图 3-39)。

Chronic heat accumulation presents red tongue with yellowish fur(Fig. 3-37), severe heat presents red tongue with yellow dry fur(Fig. 3-38), heat and dampness syndrome presents yellow slimy fur(Fig. 3-39).

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图 3-40 Fig. 3-40



图 3-41 Fig. 3-41

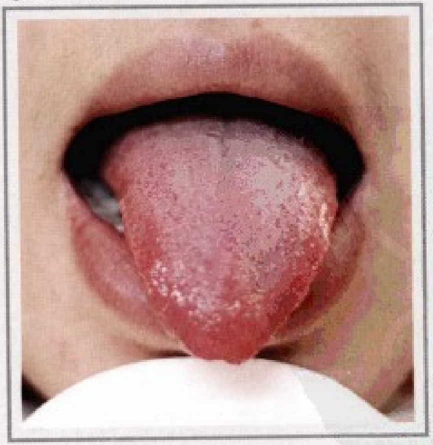


图 3-42 Fig. 3-42

不同脏腑也常有不同舌象表现：心肺热证则多舌尖红（图3-40），心火甚则舌尖红碎或生疮疡（图 3-41）；肝胆热证则多舌边红（图 3-42）。

Heat in different organs gives different tongue conditions: heart-lung heat syndrome shows red tongue tip(Fig. 3-40), heart fire shows red or sore tongue (Fig. 3-41), liver-gallbladder heat shows red tongue margins(Fig. 3-42).

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1.10 痰湿证 Phlegm dampness syndrome

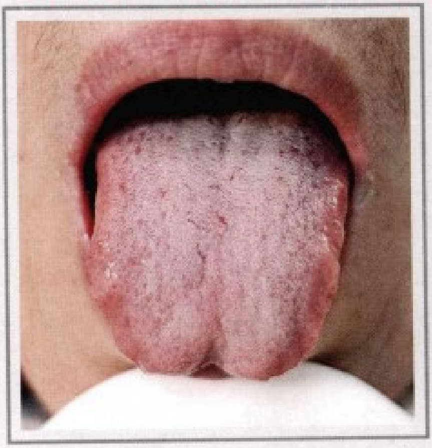


图 3-43 Fig. 3-43



图 3-44 Fig. 3-44

常见症状：痰湿类病症表现多端，可见于全身多个脏腑或部位。痰湿停于肺，则见咳嗽喘息、胸闷咳痰；停于胃则见食少纳呆，胃脘闷痞，甚则恶呕痰涎；也可停于肌肤、咽喉等各处；还可见痰蒙心神、肝风挟痰等多种情况；脉象多濡滑。

常见舌象：痰湿证最常见到的舌象特征是腻苔（图 3-43）；湿浊或痰浊盛则苔黏腻（图 3-44）或垢腻（图 3-45）。

Common symptoms: Phlegm dampness syndrome experiences various symptoms and signs, involving many organs and tissues. Phlegm dampness in the lungs experiences productive cough, breathlessness and chest fullness; phlegm dampness in the stomach experiences poor appetite, abdominal fullness, even vomiting sputum and saliva; phlegm dampness may also lodge in skin, throat and so on, and cloud mind and spirit, and be accompanied by liver wind; soft and slippery pulse.

Tongue manifestations: Phlegm dampness displays slimy fur at most (Fig. 3-43); dampness or phlegm turbidity displays sticky and slimy fur (Fig. 3-44) or filthy and slimy fur (Fig. 3-45).

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图 3-45 Fig. 3-45

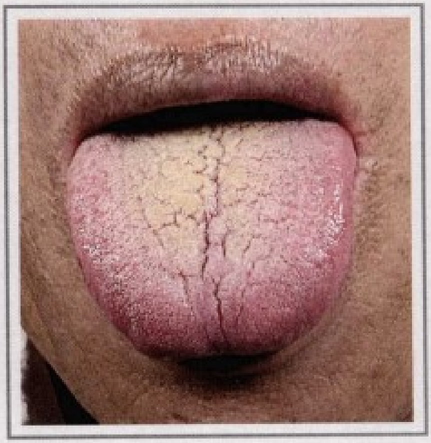


图 3-46 Fig. 3-46

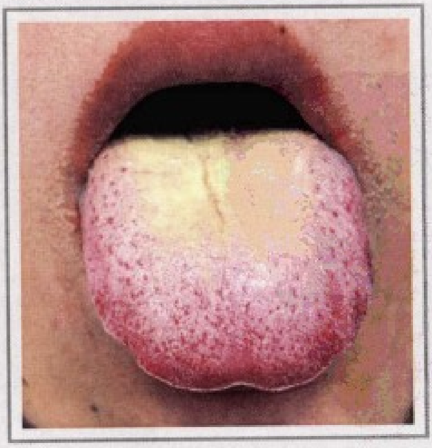


图 3-47 Fig. 3-47

痰湿证又有热化、寒化之分：热化即痰热、湿热之证，舌象主要表现为舌苔黄腻，热重则多舌红苔黄腻而干燥（图 3-46），湿重则苔多黄腻而湿滑（图 3-47）。

Phlegm dampness can be classified into heat phlegm dampness and cold

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phlegm dampness. Heat phlegm dampness includes phlegm heat and dampness heat, and primarily exhibits yellowish slimy fur; more heat with less dampness exhibits red tongue with yellowish slimy and dry fur(Fig. 3-46), more dampness with less heat exhibits yellowish slimy and moist fur (Fig. 3-47).

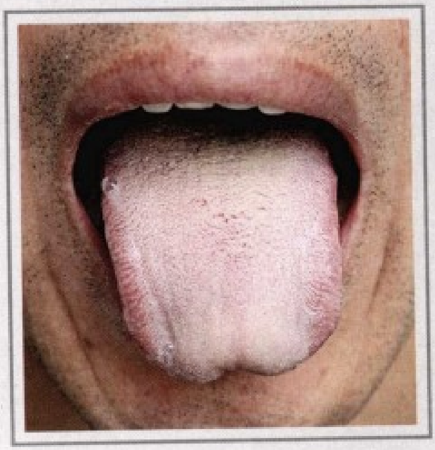


图 3-48 Fig. 3-48

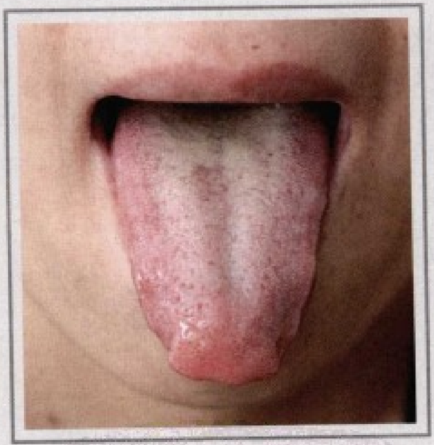


图 3-49 Fig. 3-49

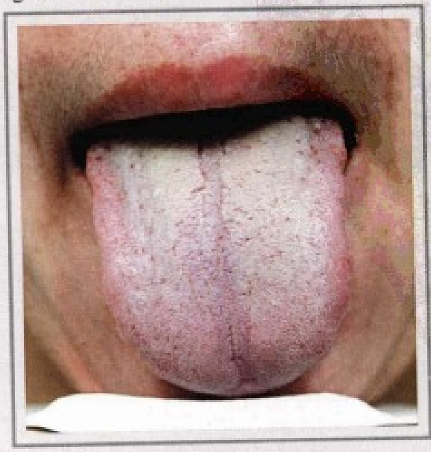


图 3-50 Fig. 3-50

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寒化即寒痰、寒湿之证，舌象主要表现为舌苔白腻，寒盛则舌色淡白苔白厚腻润(图3－48)，湿盛则苔白腻而多湿滑(图3－49)，兼有阳虚水泛则舌多色淡质胖嫩，苔白腻而多水湿(图3－50)。

Cold phlegm dampness includes cold phlegm and cold dampness, and exhibits whitish and slimy fur; more cold with less dampness exhibits pale tongue with whitish, thick, slimy and moist fur (Fig. 3-48), more dampness and less cold exhibits whitish, slimy and moist fur (Fig. 3-49); yang deficiency and fluids retention results in tender and swollen tongue with slimy and watery fur (Fig. 3-50).

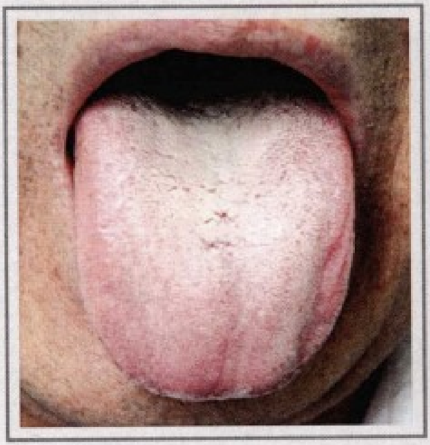


图3－51 Fig. 3-51

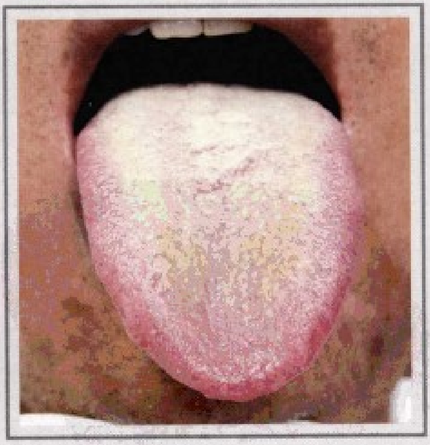


图3－52 Fig. 3-52

寒湿化热则见白腻舌苔逐渐干燥(图3－51)，或渐转黄腻呈现黄白相间之象(图3－52)。

Heat from cold dampness results in whitish slimy fur which begins to dry gradually (Fig. 3-51), or transforming into yellowish slimy fur and then it mingles with whitish slimy fur (Fig. 3-52).

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2 常见病证舌诊应用举隅

Clinical Examples of Tongue Diagnosis

疾病对舌象的影响主要是对人体气血、津液、邪正关系等的影响，因此病证结合是舌诊应用的基本模式。临床应用时除了舌质、舌苔综合分析外，还需要充分结合其他四诊症状、体质特征等全面、动态地进行分析判断。

The influence of a disease on the tongue feature is mostly decided by its influence on qi, blood, fluids and the relations between pathogenic factors and healthy qi, etc. Therefore, combined disease and syndrome is the basic mode in the application of the tongue diagnosis. Apart from the integrated analysis of tongue body and tongue fur, clinical application also needs other diagnostic procedures.

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2.1 慢性浅表性胃炎——脾虚湿困(图 3-53)
Chronic superficial gastritis (CSG) — spleen deficiency and dampness accumulation (Fig. 3-53)



图 3-53 Fig. 3-53

龚某,女,27 岁,就诊时间:2006-7-18。

浅表性胃炎 1 年。现疲乏倦怠,胃纳欠佳,食欲不振,食后偶有泛酸;小便频,尿中红细胞(+),大便稀软。面色淡白少华,舌质淡偏胖,多齿痕,苔白滑根微腻,脉细弱。

Mrs. Gong, 27, came for treatment on July 18, 2006.

She had the history of superficial gastritis for one year. Physical examination showed tiredness, poor appetite, occasional acid regurgitation after meal, frequent urination, red blood cell in urine(+), loose stools, pale complexion, swollen pale tongue with teeth marks, whitish slippery fur with slime in the root, and fine weak pulse.

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2.2 慢性浅表性胃炎——胃腑血瘀(图 3-54)

Chronic superficial gastritis (CSG) — stomach blood-stasis (Fig. 3-54)

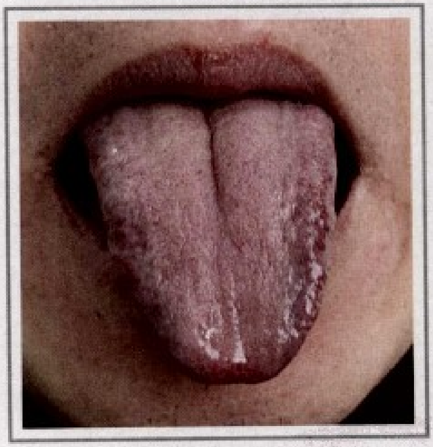


图 3-54 Fig. 3-54

胡某，男，47 岁，就诊时间：2006-2-28。

胃脘疼痛反复性发作两年，加重 1 周。有慢性浅表性胃炎(胃窦为主)，十二指肠球部溃疡，十二指肠球炎，幽门螺旋杆菌阳性。面色暗淡，舌色青紫，苔白微腻，脉弦。

Mr. Hu, 47, came for treatment on February 28, 2006.

He suffered from recurrent stomachache for two years, which was worsened one week ago. He had the history of chronic superficial gastritis (primarily in gastric antrum), bulbar ulcer and duodenitis and positive Helicobacter pylori (Hp), with the symptoms of dark complexion, bluish tongue with whitish fur, and string-like pulse.

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2.3 慢性萎缩性胃炎——胃肠热盛，热扰心神（图 3－55）

Chronic atrophic gastritis — stomach-intestine heat disturbing mind (Fig. 3－55)

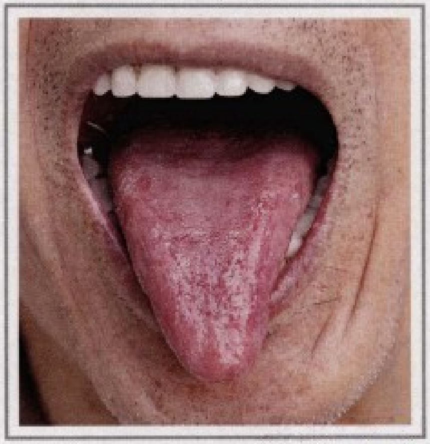


图 3－55　Fig. 3－55

李某，男，83 岁，就诊时间：2007－9－7。

大便秘结两周。萎缩性胃炎 5 年。现口苦，腹胀，便秘，大便六七日一行，伴心烦，失眠。舌质红瘦少苔。脉细数。

Mr. Li, 83, came for treatment on September 7, 2007.

He had constipation for two weeks and atrophic gastritis for five years, with the symptoms of bitter taste, abdominal bloating, constipation with one bowel movement in 6～7 days, vexation, insomnia, red thin tongue with little fur, and fine rapid pulse.

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2.4 胃肠功能紊乱——气阴两虚，脾失健运

Gastrointestinal dysfunction — qi-yin deficiency and spleen failure to nourish and transport

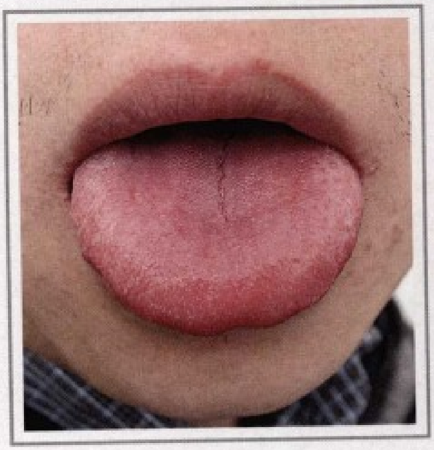


图 3-56 Fig. 3-56



图 3-57 Fig. 3-57

李某，男，30 岁。

初诊时间：2006-2-20。（图 3-56）

大便鹜溏 4 年。近四年多持续大便溏薄，胃纳一般，时有胃胀，无呕吐，无胃痛。舌质红少苔，边有齿痕，脉细。治予益气养阴，健脾。方药略。

复诊时间：2006-5-16。（图 3-57）

服药近 3 个月，诸症缓解，偶有胀气，大便已常。舌质已转淡红，苔薄白。备用成药。

Mr. Li, 30.

First visit: February 20, 2006. (Fig. 3-56)

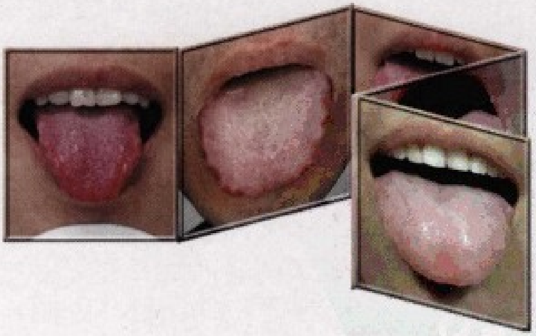
He had loose stools for four years, with regular appetite, occasional abdominal distension, absence of vomiting and stomachache, red tongue with

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teeth marks and thin fur, and fine pulse. Treatment aims to enrich qi and yin and nourish spleen. The herbs are omitted here.

Second visit: May 16, 2006. (Fig. 3 - 57)

After three-month treatments, all symptoms were improved, normal bowel movements with occasional abdominal distension, pale tongue and whitish fur and patent medicine was taken instead.



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2.5　高血压——痰湿内蕴，清阳不升

Hypertension — phlegm-dampness accumulation and spleen-yang failing to rise



图 3－58　Fig. 3－58

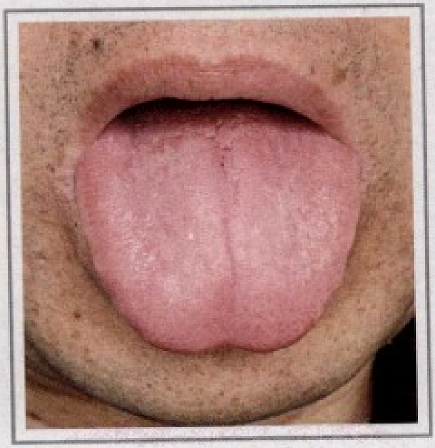


图 3－59　Fig. 3－59

陆某，男，54 岁。

初诊时间：2006－3－21(图 3－58)。

高血压 11 年，未正规治疗。胸骨后闷痛，头晕目糊，夜寐欠佳；舌质淡红胖大有齿痕，苔白腻，根剥，脉沉弦。血压 180/135 mmHg。治予化湿行气，健脾升阳。方药略。

复诊时间：2006－4－4(图 3－59)。

服中药 3 周后，诸症明显缓解，疼痛已无，夜寐佳，二便调；舌质淡红，齿痕已不明显，腻苔已化，转为薄白，剥落处已生新苔，脉弦。血压 140/90 mmHg。

Mr. Lu, 54.

First visit: March 21, 2006(Fig. 3－58).

He had hypertension for eleven years and did not receive regular treatments.

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Dull pain behind chest, dizziness, poor sleep, swollen tongue with teeth marks, whitish slimy fur and peeling in the root, and sunken string-like pulse. BP: 180/135 mmHg. Treatment aims to resolve dampness and activate qi, nourish spleen and uplift yang. The herbs are omitted here.

Second visit: April 4, 2006(Fig. 3-59).

After three-week treatments, all symptoms were obviously improved, no pain any longer, good sleep, regular urination and defecation, pale tongue, no obvious teeth marks, the slimy fur turned to be thin one and new fur produced on the tongue where the fur is peeled before, and string-like pulse. BP: 140/90 mmHg.

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2.6 胃功能紊乱——脾胃湿热(图 3－60)

Stomach dysfunction — spleen-stomach dampness heat (Fig. 3－60)

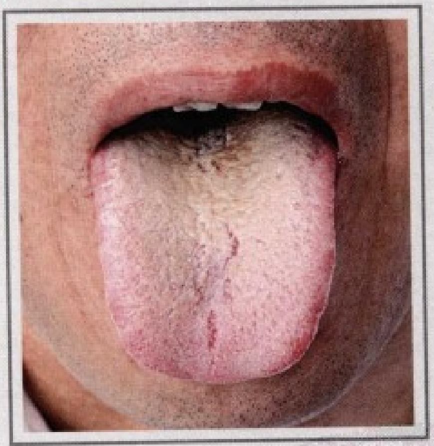


图 3－60 Fig. 3－60

黄某，男，47 岁，就诊时间：2006－8－8。

上腹部痛 10 天。偶有嗳气，泛酸；胃纳可，二便常。舌质偏红，苔黄厚腻，脉沉。

Mr. Huang, 47, came for treatment on August 8, 2006.

He had an epigastric pain for 10 days, accompanied by occasional belching, acid regurgitation, fair appetite, normal urination and defecation, red tongue with thick yellowish slimy fur, and sunken pulse.

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2.7 肠功能紊乱——胃肠气滞，浊气上泛(图 3-61)
Intestine dysfunction — stomach-intestine qi stagnation, turbidity flooding upwards (Fig. 3-61)

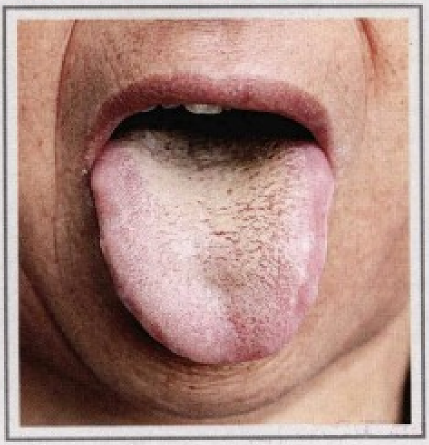


图 3-61 Fig. 3-61

赵某，女，62 岁，就诊时间：2007-9-7。

腹胀，腹痛，大便秘结 5 天。口气重浊，舌质淡紫，苔淡黄，中根部厚腻偏燥，脉细数。

Mrs. Zhao, 62, came for treatment on September 7, 2007.

She had abdominal bloating and pain, and constipation for five days, accompanied by bad breath, bluish tongue with yellowish dry fur and slime in the center, and fine rapid pulse.

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2.8 消化不良——脾胃虚寒，肝胃不和（图 3-62）Dyspepsia — spleen-stomach deficiency cold, disharmony between the liver and stomach (Fig. 3-62)

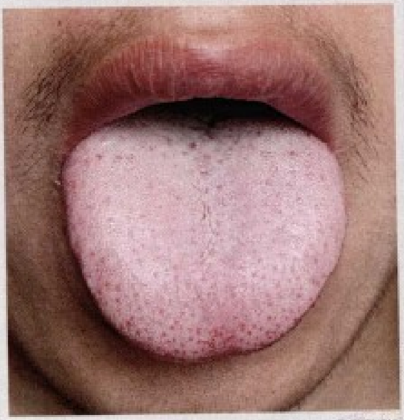


图 3-62 Fig. 3-62

蒋某，男，20 岁，就诊时间：2006-5-16。

纳差、泛酸 1 年余。平素怕冷，胃脘受寒后时有呕吐，多泛酸水、清涎；偶有嗳气，腹胀，大便常。面色淡白，手足冷。舌质淡白，舌尖红点，苔白微厚腻，脉迟。

Mr. Jiang, 20, came for treatment on May 16, 2006.

He complained of poor appetite and acid regurgitation for one year. Usually, he feared a cold and sometimes vomited acid water and thin saliva after cold invasion at the stomach, accompanied by belching, abdominal bloating, normal stools, pale complexion, cold limbs, pale tongue and red points on the tip of tongue with whitish and light slimy fur, and slow pulse.

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2.9 消化不良——寒湿中阻(图 3-63)
Dyspepsia — cold dampness in middle energizer (Fig. 3-63)

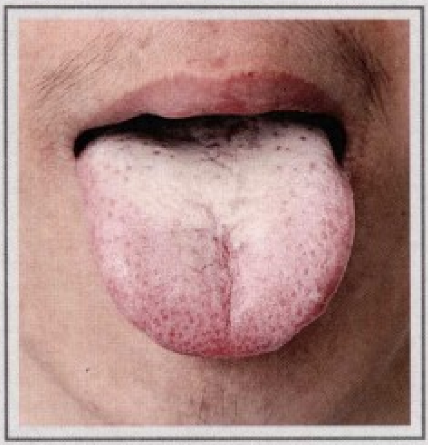


图 3-63 Fig. 3-63

卫某，男，17 岁，就诊时间：2006-07-04。

胃纳欠佳月余。纳少伴胃脘隐痛，大便溏薄。面色淡白少华，舌质淡白，苔白厚腻，脉弦。

Mr. Wei, 17, came for treatment on July 4, 2006.

He had poor appetite for more than one month, accompanied by dull abdominal pain, loose stools, pallor complexion, pale tongue with thick whitish slimy fur, and string-like pulse.

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2.10 消化不良——气阴不足，湿困脾胃

Dyspepsia — qi-yin insufficiency and dampness encumbering spleen and stomach

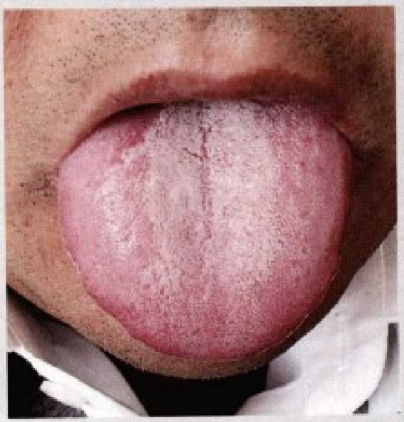


图 3-64 Fig. 3-64



图 3-65 Fig. 3-65

顾某，男，44 岁。

初诊时间：2006-2-21(图 3-64)。

胃纳欠佳月余。胃胀，口黏腻，大便不爽，1～2 次/日，舌质偏红，舌形胖大，苔白腻，舌侧与根部剥苔明显。脉弦数。治予养阴清热，行气健脾。方药略。

复诊时间：2006-2-28(图 3-65)。

服药一周后，胃胀、口黏腻、大便不爽等诸症有明显缓解，舌苔剥落处明显生出新苔，舌苔微腻，脉弦。

Mr. Gu, 44.

First visit: February 21, 2006 (Fig. 3-64).

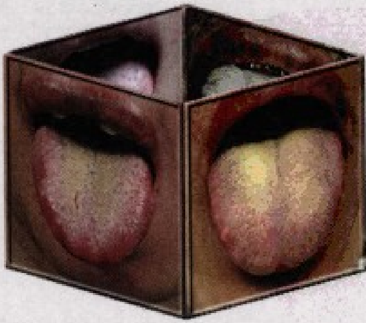
He had bad appetite for more than one month, accompanied by stomach distension, sticky taste in the mouth, ungratifying defecation, 1～2 times a day,

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red swollen tongue, whitish slimy fur and marked peeling in the tongue margins and root, string-like and rapid pulse. Treatment aims to enrich yin and clear heat, activate qi and nourish spleen. The herbs are omitted here.

Second visit: February 28, 2006 (Fig. 3 - 65).

After one-week treatments, stomach distension, sticky taste in the mouth and ungratifying defecation were obviously improved; new fur was regenerating, slightly slimy fur and string-like pulse.



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2.11 慢性结肠炎——脾阳不振，中气下陷(图 3－66) Chronic colitis — spleen-yang inactivity and spleen-qi collapse (Fig. 3－66)

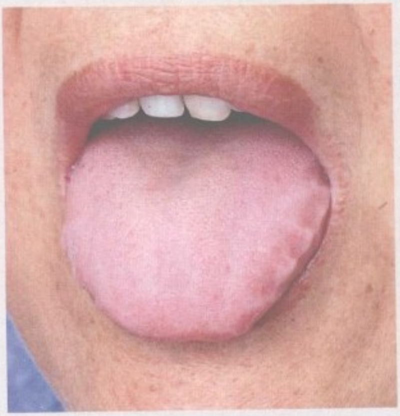


图 3－66 Fig. 3－66

陆某，女，46 岁，就诊时间：2005－12－9。

腹痛、腹泻反复发作 10 余年。慢性结肠炎 10 年，现腹痛、腹泻，大便不成形，日行 5～6 次，四肢冷，舌质淡白偏紫，胖大多齿痕，苔薄白，脉细。

Mrs. Lu, 46, came for treatment on December 9, 2005.

She had on-and-off abdominal pain, diarrhea and chronic colitis for 10 years, with the symptoms of abdominal pain and diarrhea, unwell-formed stool, 5～6 bowel movements a day, cold limbs, swollen and bluish tongue with teeth marks and thin whitish fur, and string-like pulse.

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2.12 乙状结肠息肉摘除术后——气滞血瘀，湿浊内蕴(图 3-67)

Condition following sigmoid polypectomy — qi-blood stagnation and dampness-turbidity accumulation (Fig. 3-67)

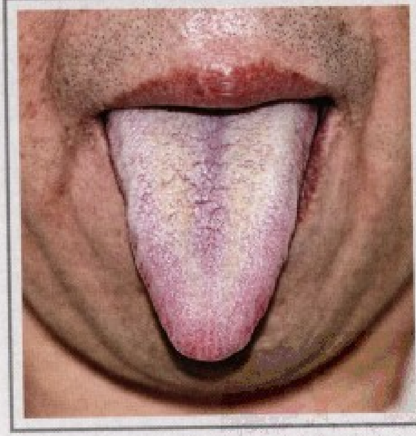


图 3-67 Fig. 3-67

杜某，男，57 岁，就诊时间：2007-9-5。

大便不畅 3 月余。1 年前行乙状结肠息肉摘除术，现胃纳差，腹部隐痛，大便 4～5日一行，溏结难下。有高血压史、糖尿病史。面色晦暗，舌质青紫，苔黄黏腻，脉弦。

Mr. Du, 57, came for treatment on September 5, 2007.

He had constipation for more than three months. One year ago, sigmoid polypectomy was performed and he had the history of hypertension and diabetes mellitus. He had poor appetite, dull abdominal pain, one bowel movement in 4～5 days, darkish complexion, bluish tongue with thick yellowish slimy fur, and string-like pulse.

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2.13　胆石症——肝胆湿热(图 3－68)

Cholelithiasis — liver-gallbladder dampness heat (Fig. 3－68)



图 3－68　Fig. 3－68

陆某，女，52 岁，就诊时间：2006－4－11。

胆石症，胆内多枚结石。发热，口苦，胸闷，心悸；大便燥结难下，二三日一行。面红，舌质红，边尖多红点，苔中部黄腻，脉细数。

证属：肝胆湿热。

Mrs. Lu, 52, came for treatment on April 11, 2006.

She suffered from chololithiasis and had several stones in her gallbladder, fever, bitter taste, chest oppression, palpitation, constipation with one bowel movement 2～3 days, flushed complexion, red tongue with red points on the tip and margins, yellowish slimy fur in the center, and fine rapid pulse.

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2.14 慢性疲劳综合征——寒湿困脾(图 3-69)

Chronic fatigue syndrome — cold dampness encumbering spleen (Fig. 3-69)

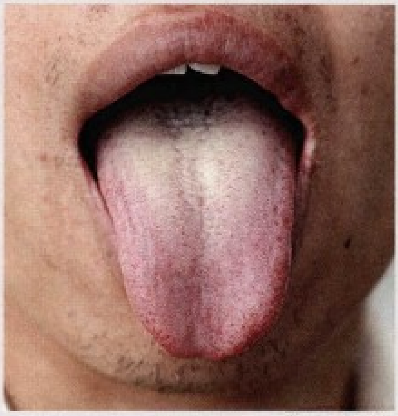


图 3-69 Fig. 3-69

倪某，男，35 岁，就诊时间：2005-6-20。

倦怠乏力半年余，否认有其他疾病史。胃纳可，食后腹胀，大便可。面色淡白，四肢不温，舌质淡白，舌苔中根部白腻，脉缓。

Mr. Ni, 35, came for treatment on June 20, 2005.

He had tiredness and fair appetite for more than six months, accompanied by abdominal bloating after meal, normal bowel movements, pale complexion, cold limbs, pale tongue with whitish slimy fur in the center, and slow pulse. He declined the history of other diseases.

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2.15 抑郁症——肝郁气结，气血不畅(图 3 - 70)

Depression — liver-qi depression and qi-blood stagnation (Fig. 3 - 70)

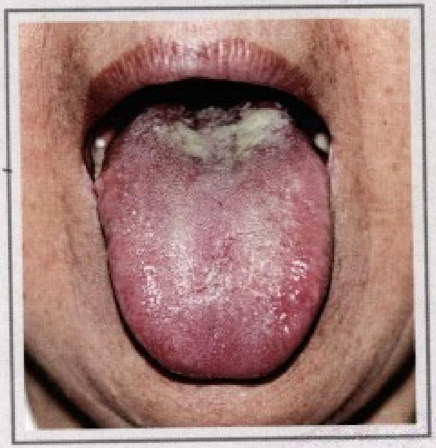


图 3 - 70 Fig. 3 - 70

陈某，女，76 岁，就诊时间：2007 - 9 - 5。

腹痛月余。右胁腹痛，易怒善哭，情志不畅，伴嗳气、矢气不畅。大便黏滞夹泡沫。有高血压病史。舌质紫暗，舌苔根部白腻，脉弦涩。

Mrs. Chen, 76, came for treatment on September 5, 2007.

She had abdominal pain for more than one month and the history of hypertension, with the symptoms of pain in the right-side hypochondrium and abdomen, irritability, bad emotion, belching, gas difficulty, sticky and frothy stools, purple dark tongue with whitish slime in the root, and string-like rough pulse.

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2.16 糖尿病——阴虚火旺，湿热内扰(图 3-71) Diabetes mellitus — yin deficiency and fire hyperactivity, dampness heat disturbance (Fig. 3-71)



图 3-71 Fig. 3-71

钱某，男，77 岁，就诊时间：2006-12-27。

糖尿病 18 年。空腹血糖 7.8 mmol/L。现口干，胃纳差，失眠，多梦；舌色暗红舌体瘦薄，舌苔根部黄腻、前部剥，脉虚弦。

Mr. Qian, 77, came for treatment on December 27, 2006.

He had the history of diabetes mellitus for eighteen years, with fasting blood sugar of 7.8 mmol/L, thirst, poor appetite, insomnia, dreaminess, dark red and thin tongue with yellowish slime in the root, peeling fur in the front, and vacuous string-like pulse.

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2.17　冠心病——心阴亏虚，热扰心神(图 3-72)

Coronary artery disease — heart-yin deficiency and heat disturbing mind (Fig. 3-72)

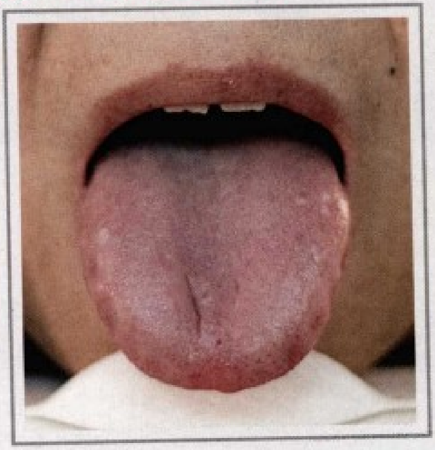


图 3-72　Fig. 3-72

金某，女，57 岁，就诊时间：2006-12-26。

反复胸闷、心悸 1 年。伴眩晕，五心烦热，失眠，睡后易醒。舌质暗红，苔少而干，舌胖有齿痕，脉细数。

Mrs. Jin, 57, came for treatment on December 26, 2006.

She had recurrent chest oppression and palpitation for one year, accompanied by dizziness, feverish sensation in the five centers (palms, soles and heart), insomnia, light sleep, dark red tongue with little dry fur, swollen tongue with teeth marks, and fine rapid pulse.

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2.18 胃肠功能紊乱——脾胃气虚，湿热内阻

Gastrointestinal dysfunction — spleen-stomach qi deficiency, dampness heat accumulation



图 3-73 Fig. 3-73



图 3-74 Fig. 3-74

蒋某，男，17岁。

初诊时间：2006-3-7(图 3-73)。

右下腹痛2周。胃纳欠佳，伴舌苔厚腻5年。困倦，乏力，伴食少脘胀，嗳气，小便黄，大便质软。唇色淡，舌质淡胖边有少量齿痕，苔黄腻，脉数。治予健脾益气，化湿清热。方药略。

复诊时间：2006-4-18(图 3-74)。

治疗1月后，疼痛已除，胃纳可，二便常，黄腻苔已化，舌质淡红，苔质薄润，脉平。

Mr. Jiang, 17.

First visit: March 7, 2006 (Fig. 3-73).

He had pain in the right-lower abdomen for two weeks, poor appetite and

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thick slimy fur for five years. He was present with the symptoms of tiredness, fatigue, diminished appetite and abdominal distension, belching, yellowish urine, soft stools, pale lips, swollen tongue with teeth marks on its margins, yellowish slimy fur and rapid pulse. Treatment aims to nourish spleen and enrich qi, resolve dampness and clear heat. The herbs are omitted here.

Second visit: April 18, 2006 (Fig. 3-74).

After one-month treatments, pain was eliminated, with regular appetite, normal urination and defecation, yellowish slimy fur transformed, normal tongue and pulse.

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2.19 尿路感染——肾元亏虚，下焦湿热

Urinary tract infection — kidney deficiency and dampness heat in lower energizer



图 3-75 Fig. 3-75

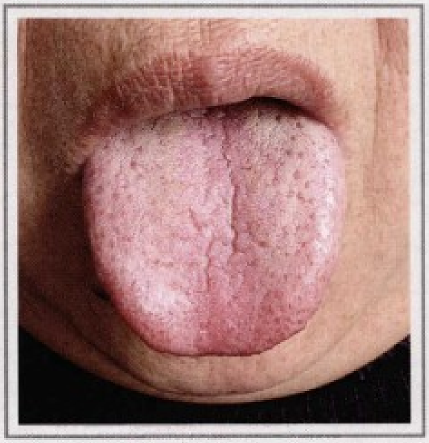


图 3-76 Fig. 3-76

吕某，女，53 岁。

初诊时间：2006-2-14(图 3-75)。

反复发作性尿路感染半年。腰酸，小便灼热，涩痛，伴疲乏困倦，眼胞肿，口干，纳差，夜寐不安，大便干燥。舌质红，苔黄腻，脉濡弱。治予清热利湿，益肾培元。方药略。

复诊时间：2006-4-11(图 3-76)。

经过两个月药物治疗后，诸症稳定，偶有尿频，无痛无涩，胃纳可，大便常，腻苔已化，舌质偏红，舌两边仍有少量红点，脉弦。

Mrs. Lu, 53.

First visit: February 14, 2006. (Fig. 3-75)

She complained of recurrent urinary tract infection for six months,

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accompanied by aching waist, burning urine, painful and unsmooth urination, tiredness, swollen eyelids, thirst, diminished appetite, poor sleep, dry stools, red tongue and yellowish slimy fur, and soft weak pulse. Treatment aims to clear heat and drain dampness and nourish kidney. The herbs are omitted here.

Second visit: April 11, 2006. (Fig. 3-76)

After two-month treatments, all symptoms were strikingly improved and stabilized, occasional frequent urination, no pain and other discomforts, regular appetite, normal defecation, the slimy fur transformed, red tongue body, a bit red points beside the tongue and string-like pulse.

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2.20 慢性胃炎——胃肠食滞，湿热中阻

Chronic gastritis — gastrointestinal food and dampness-heat retention

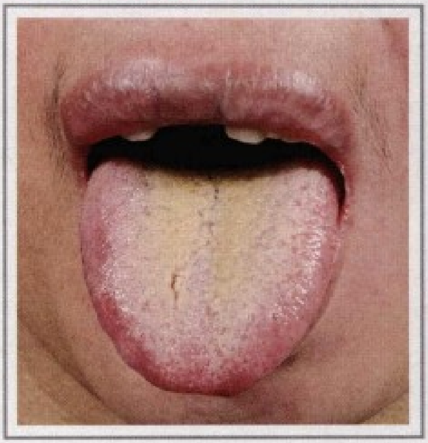


图 3-77 Fig. 3-77



图 3-78 Fig. 3-78



图 3-79 Fig. 3-79

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董某，女，52岁。

初诊时间：2004-11-15(图3-77)

胃脘痛已2年，经常嘈杂嗳气，进食饱胀痛甚。饱食后胃脘灼痛加剧嗳腐、泛吐酸苦，口干苦而黏。大便已三日未解，腹胀，矢气秽臭，夜寐不安。脉象弦滑，舌红、舌尖起刺，舌苔黄腻，舌根部垢浊。治予小承气汤合平胃散荡涤胃肠，通畅腑气。

复诊时间：2004.11.29(图3-78)

药后积滞已消，湿热始化，腑气畅通，腹满顿消，饮食少思，口中黏腻，小便黄浊。舌红、苔白腻，舌中根黄，脉弦。续以三黄泻心汤合平胃散治疗。

三诊时间：2004.12.13(图3-79)

二周后，脘腹部胀痛已除，嗳气泛酸减少，胃纳已常，大便日行。舌色正常，黏腻苔已化，舌中仍有少量黄苔。

Mrs. Dong, 52.

First visit: November 15, 2004. (Fig. 3-77)

She suffered from stomachache for two years, displaying frequent belching and aggravated abdominal fullness and burning pain after meals, vomiting, acid regurgitation, dry bitter and sticky mouth, no defecation for more than three days, abdominal flatulence, bad gas, poor sleep, slippery string-like pulse, red tongue with prickles on the tip, yellowish slimy fur with turbidity on the root. "Minor Chengqi Decoction" and "Pingwei Powder" were given to purge stomach and intestine, and unblock fu-organs.

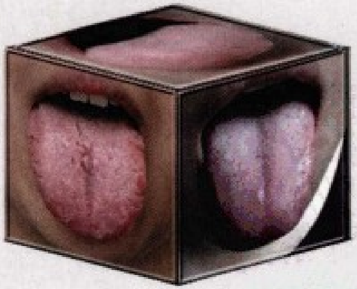
Second visit: November 29, 2004. (Fig. 3-78)

After treatments, food retention was removed and dampness heat started to resolve, abdominal fullness disappeared, associated with sticky mouth, yellowish and turbid urine, red tongue, whitish slimy fur with yellowish slime on its root, and string-like pulse. She was thus treated with "Sanhuang Xiexin Decoction" and "Pingwei Powder".

Third visit: December 13, 2004. (Fig. 3-79)

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After two-week treatments, abdominal pain and fullness disappeared, belching and acid regurgitation reduced, fair appetite, normal defecation, and only little yellowish fur left.



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2.21 支气管炎——痰湿壅肺，气血瘀滞

Bronchitis — phlegm and dampness in lungs, and qi-blood stagnation

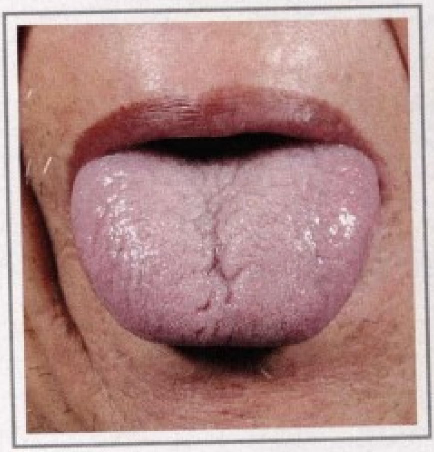


图 3-80 Fig. 3-80

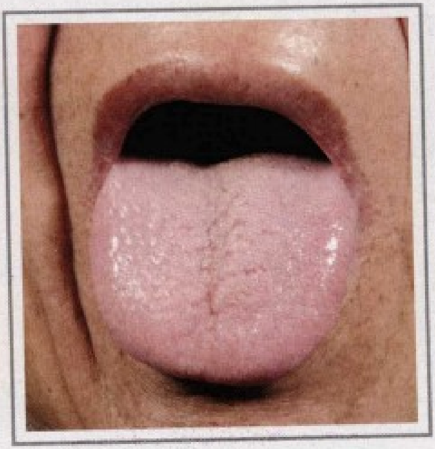


图 3-81 Fig. 3-81

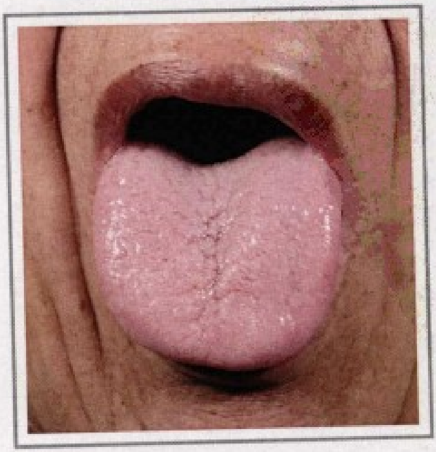


图 3-82 Fig. 3-82

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王某,男,67岁。

初诊时间:2005.12.16(图3-80)

患者有慢性支气管炎病史20多年,平素动则汗出、心悸、气短。一周前因气温骤降,出现咳喘,多痰,痰白黏难咯,胸闷呼吸困难,喘坐气急不能平卧。舌色紫暗,舌体胖大多裂纹,舌苔薄,脉大而滑数。治予温化痰湿,理气活血之剂,畅通气机。

复诊时间:2005.12.23(图3-81)

治疗一周后,咳喘均平,咯痰松爽,胸闷好转,舌象明显改善,肿大舌体变薄,舌色青紫变淡,红润初现,舌上裂纹减少,苔薄白滑腻提示痰热已除,气血运行改善。续以健脾养心、肃肺化痰。

三诊时间:2005.12.30(图3-82)

调理月余,病情渐见缓解。除清晨咳嗽,动则气短、心悸外,身体已逐步康复。舌色较前红润伴有紫色,舌苔薄白滋润。

Mr. Wang, 67.

First visit: December 16, 2005.(Fig. 3-80)

He suffered from chronic bronchitis for more than 20 years and was usually apt to exertional sweating, palpitation and shortness of breath. One week before, because of sudden decrease of atmospheric temperature, he experienced cough and asthma, copious whitish and sticky sputum, chest fullness, shortness of breath, sitting and inability to lie down, dark purple tongue, enlarged and fissured tongue, thin fur, full slippery rapid pulse. He was treated by warming and resolving phlegm dampness, regulating qi and activating blood.

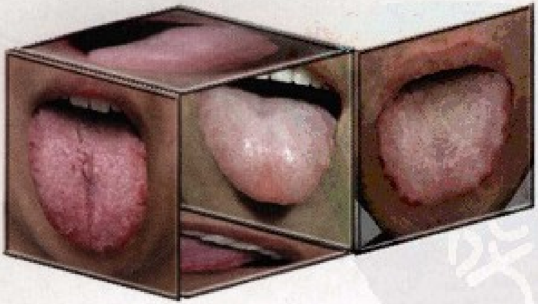
Second visit: December 23, 2005.(Fig. 3-81)

After one-week treatments, cough and asthma were eased, expectoration and chest fullness relieved, tongue became thin and lustrous, tongue fissures and whitish slimy fur reduced. All these signs showed removal of phlegm heat, improved circulation of qi and blood. He was then treated by nourishing spleen and heart, downbearing lungs and resolving phlegm.

Third visit: December 30, 2005.(Fig. 3-82)

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After treatments for more than one month, his condition was obviously improved. Except for morning cough, exertional breathlessness and palpitation, he was almost restored to normal. Tongue became more lustrous and less purple, fur thin, whitish and moist.



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１．３．１６舌疮
１．４舌态
１．４．１正常舌态
１．４．２舌歪斜
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２．１８胃肠功能紊乱——脾胃气虚，湿热内阻
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２．２０慢性胃炎——胃肠食滞，湿热中阻
２．２１支气管炎——痰湿壅肺，气血瘀滞

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